

OVER 400 activities inside!!

January - June 2017

ABQ 50+ **Activities** *Catalog*

**CREATE
YOUR
OWN
'TRAIL**

CLASSES
ARTS & CRAFTS
TRIPS
SPORTS/FITNESS
CARDS & GAMES

Richard J. Berry
Mayor



CITY OF ALBUQUERQUE
DEPARTMENT OF



BERNALILLO COUNTY
SENIOR AFFAIRS



Jorja Armijo-Brasher
Director

Something for Everyone!



Dear Friends:

I hope that this Department of Senior Affairs Activities Catalog is packed full of engaging activities to help you plan your winter schedule. The theme of this catalog is "Create Your Own Trail."

Please take some time to flip through the pages of this catalog and create an itinerary for the upcoming months. I strongly encourage you to take an art class, learn a new language, visit a sports & fitness center or volunteer.

The Department of Senior Affairs is committed to offering you an array of activities. Please visit the wonderful senior centers, multigenerational centers, and fitness facilities that are located throughout our city. In addition to recreational activities, the department offers other services including home-delivered meals and transportation. Please let the Department of Senior Affairs know what you like and what you wish was offered that is currently not. Each facility is equipped with a suggestion box to get your feedback. To learn more information regarding the Department of Senior Affairs, call the Information & Assistance Program at (505) 764-6400, Monday through Friday, between 8:30 a.m. and 4:30 p.m.

Best Regards,

Richard J. Berry
Mayor



Dear Friends:

I hope that this note finds you in good spirits. Within the pages of this new catalog, my team and I challenge you to create your own trail of activities in the upcoming months. I am pleased to see that the

Department of Senior Affairs has a hand in ensuring that you stay busy and active by participating in events hosted by our senior and multigenerational centers.

As we approach the New Year, the theme of this catalog seems very appropriate. It is wonderful to see each of you creating your own trail in your life. I feel very fortunate when I walk through our centers and see you exercising, learning a language, dancing, and interacting. My team and I at the Department of Senior Affairs want you to enjoy the time that you spend with us. Thank you for looking at this activities catalog. Remember, if you have any questions about the Department of Senior Affairs, you can call (505) 764-6400. The Information and Assistance team is available Monday through Friday, between 8:30 a.m. and 4:30 p.m.

Enjoy your trail,

Jorja Armijo-Brasher
Director

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**COME MAKE IT
ANOTHER BANNER YEAR!**

City of Albuquerque, Richard J. Berry, Mayor
Robert J. Perry, Chief Administrative Officer
Michael J. Riordan, P.E., Chief Operations Officer
Jorja Armijo-Brasher,
Director, Department of Senior Affairs

2 Rhonda Methvin, Recreation Division Manager

Department of Senior Affairs Advisory Council
Debby Knotts, Chair John Romisher
Greg Lopez C. Hugh Formhals
Marianne Chiffelle

City Councilors
District 1 Ken Sanchez District 6 Pat Davis
District 2 Isaac Benton, President District 7 Diane G. Gibson
District 3 Klarissa J. Peña District 8 Trudy E. Jones
District 4 Brad Winter, VP District 9 Don Harris
District 5 Dan Lewis



The City of Albuquerque/Bernalillo County Department of Senior Affairs Administrative Offices are located at 714 7th Street SW. Program inquiries may be directed to 764-6400.

Center Directory

NATIONALLY ACCREDITED SENIOR
& MULTIGENERATIONAL CENTERS

Accredited by 
National Institute of
Senior Centers

Barelas

714 7th St. SW, Alb, NM 87102
Phone: 764-6436 • Fax: 764-6472
Monday–Friday, 8:00 am–5:00 pm

Bear Canyon

4645 Pitt NE, Alb, NM 87111
Phone: 767-5959 • Fax: 767-5964
M, T, W, F, 8:00 am - 5:00 pm
Thursday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

Highland

131 Monroe NE, Alb, NM 87108
Phone: 767-5210 • Fax: 767-5224
M, T, Th, F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 10:00 am - 4:00 pm

Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121
Phone: 767-5999 • Fax: 767-5992
M, T, W, F, 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
Hotspot Gift Shop
Mon. - Fri., 9:00 am - 1:00 pm

North Valley

3825 4th St. NW, Alb, NM 87107
Phone: 761-4025 • Fax: 761-4031
M, W, Th, F, 8:00 am - 5:00 pm
Tuesday, 8:00 am - 7:00 pm
Sunday 12:30 - 4:30 pm

Palo Duro

5221 Palo Duro NE, Alb, NM 87110
Phone: 888-8102 • Fax: 888-8107
M, T, Th, F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
Desert Willow Gift Shop
Monday–Friday, 9:00 am - 2:00 pm

Multigenerational Centers

Manzano Mesa

Multigenerational Center

501 Elizabeth SE, Alb, NM 87123
Phone: 275-8731 • Fax: 275-8734
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

North Domingo Baca

Multigenerational Center

7521 Carmel Ave. NE, Alb., NM 87113
Phone: 764-6475 Fax: 764-6489
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

Breakfast at the Centers

Enjoy a full menu breakfast Mon. - Fri.,
8:00–9:00 am at all of our centers.

Lunch at the Centers

Area Agency on Aging

Funded Meal Sites:

**Barelas, Los Volcanes, North
Domingo Baca, North Valley,
Manzano Mesa**

Reserve by 1:00 pm one work day prior.
Mon - Fri, 11:30 am - 1:00 pm
\$3.25 for 50 - 59, \$7.67 for guests under
50 (including children) If you are 60 or
older, donations are accepted to help
cover the expense of preparing the
meal, however no one will be denied
services for choosing not to donate.

City of Albuquerque

General Fund Meal Sites:

Bear Canyon, Highland,, Palo Duro

Monday–Friday, 11:30 am - 1:00 pm
You may purchase soup, salad,
sandwich, or you may purchase
the nutritionist meal that is served at
our other Centers for a nominal fee.



Mission:

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

Fitness Centers

The Department of Senior Affairs has seven Fitness Facilities located through the City to meet all of your fitness needs. See page 48 of the catalog for a location nearest you or call 880-2800 for more information.



Center Directory Continued

Meal Sites

Sites are generally open Mon.–Fri., 9 am–3 pm, and offer activities as well as a hot meal for lunch. Lunch reservations are required. Menus and activities calendars are available. Suggested contributions: 60 and older: Donation; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

Nutrition Program Office

2540 Karsten Ct. SE, Alb, NM 87102
764-6474

Alameda Satellite

Raymond G. Sanchez Community Center
9800 4th Street NW, Alb, NM 87114
897-8896

Armijo Satellite

1714 Centro Familiar SW, Alb, NM 87105
873-0047

Embudo Towers

8010 Constitution NE, Alb, NM 87110
764-6467

Encino Garden

412 Alvarado SE, Alb, NM 87108
266-7736

Encino Terrace

609 Encino Place NE, Alb, NM 87102
247-4185

La Amistad

415 Fruit NE, Alb, NM 87102
848-1395

Cesar Chavez Community Center

7505 Kathryn Ave SE, Alb, NM 87108
256-2680

Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107
767-5900

Tijeras Senior Center

#10 Tijeras Ave, Tijeras, NM 87059
286-4220

Paradise Hills

5901 Paradise Blvd NW, Alb, NM 87114
314-0246

Rio Bravo

3910 Isleta Blvd SW, Alb, NM 87105
873-6647

Shalom House

5500 Wyoming NE, Alb, NM 87109
823-1434

South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105
468-7604

Taylor Ranch Community Center

4900 Kachina St NW, Alb, NM 87120
768-6006

Thomas Bell Community Center

3001 University SE, Alb, NM 87106
848-1333

Wainwright Manor

5601 Gibson SE, Alb, NM 87108
764-6467

Whispering Pines

#6 Lark Road, Tijeras, NM 87059
281-8003



**See Pages 46-47 for
Satellite Center Activities!!**

**Enjoy good food, good company,
and great entertainment!**

Satellite Centers provide social activities as well as healthy and well-balanced noon meals for individuals over 60. Transportation to Satellite Centers may be arranged and are provided on a donation basis. The meals meet 1/3 of the USDA recommended dietary allowances and nutrition education is provided.

Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.

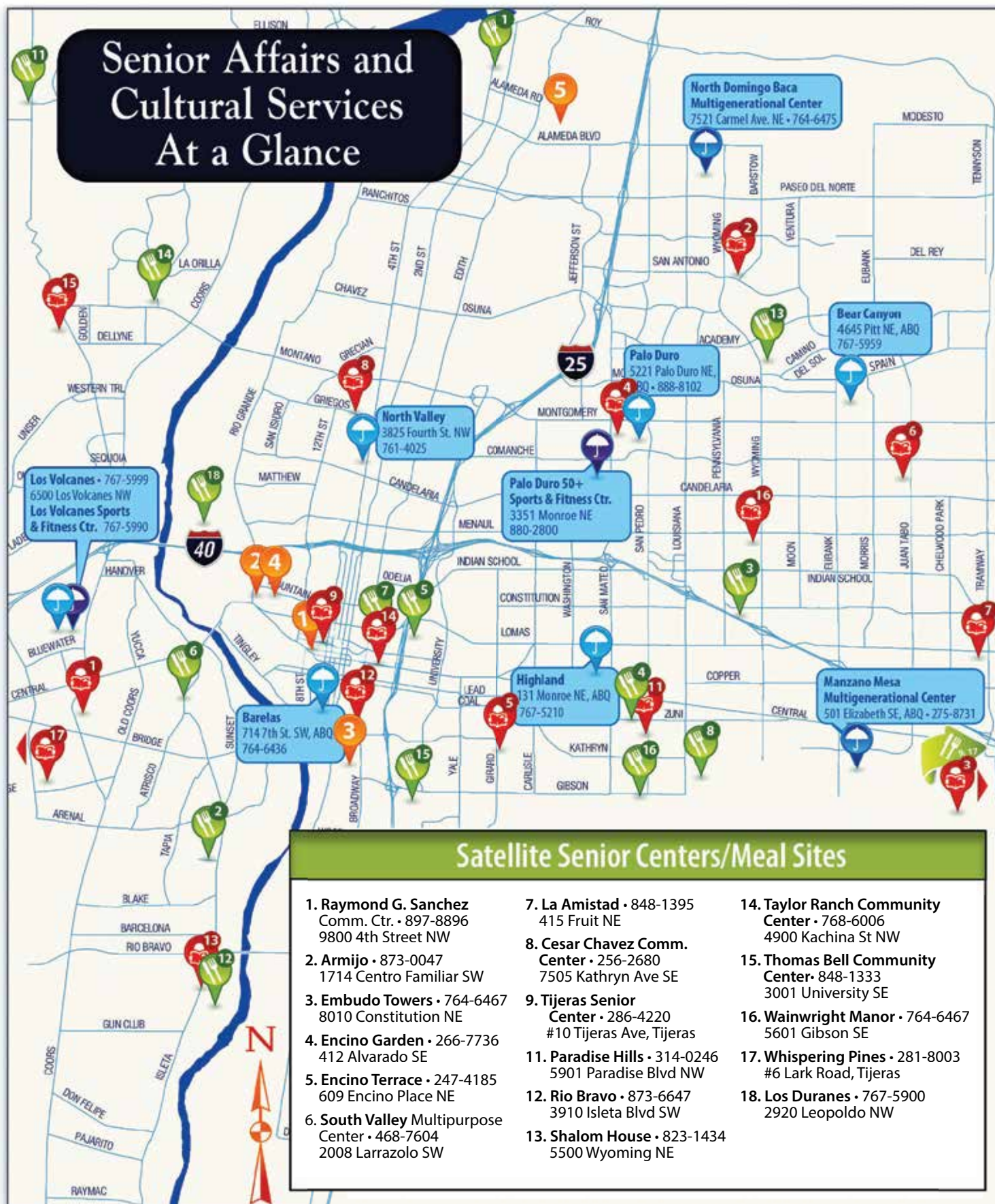


**We offer a wide variety of
volunteer opportunities.**

Do you have time, talents, skills, or hobbies you would like to share? If you do, please call the RSVP office at **767-5225**

www.cabq.gov/seniors

Senior Affairs and Cultural Services At a Glance



Libraries

1. **Alamosa Library**
6900 Gonzales SW • 836-0684
2. **Central and Unser Library**
8081 Central NW • 768-4320
3. **Cherry Hills Library**
6901 Barstow NE • 857-8321
4. **East Mountain Library**
1 Old Tijeras Rd. • 281-8508
5. **Erna Fergusson Library**
3700 San Mateo NE • 888-8100
6. **Ernie Pyle Library**
900 Girard SE • 256-2065
7. **Juan Tabo Library**
3407 Juan Tabo NE • 291-6295
8. **Los Griegos Library**
1000 Griegos NW • 761-4020
9. **Main & Genealogy Library**
501 Copper NW • 768-5141
10. **North Valley Library**
7704-B 2nd St. NW • 897-8823
11. **San Pedro Library**
5600 Trumbull SE • 256-2067
12. **South Broadway Library**
1025 Broadway SE • 764-1742
13. **South Valley Library**
3904 Isleta SW • 877-5170
14. **Special Collections Library**
423 Central NE • 848-1376
15. **Taylor Ranch Library**
5700 Bogart NW • 897-8816
16. **Tony Hillerman Library**
8205 Apache NE • 291-6264
17. **Westgate Library**
1300 Delgado SW • 833-6984

Satellite Senior Centers/M Meal Sites

- | | | |
|---|---|--|
| 1. Raymond G. Sanchez
Comm. Ctr. • 897-8896
9800 4th Street NW | 7. La Amistad • 848-1395
415 Fruit NE | 14. Taylor Ranch Community
Center • 768-6006
4900 Kachina St NW |
| 2. Armijo • 873-0047
1714 Centro Familiar SW | 8. Cesar Chavez Comm.
Center • 256-2680
7505 Kathryn Ave SE | 15. Thomas Bell Community
Center • 848-1333
3001 University SE |
| 3. Embudo Towers • 764-6467
8010 Constitution NE | 9. Tijeras Senior
Center • 286-4220
#10 Tijeras Ave, Tijeras | 16. Wainwright Manor • 764-6467
5601 Gibson SE |
| 4. Encino Garden • 266-7736
412 Alvarado SE | 11. Paradise Hills • 314-0246
5901 Paradise Blvd NW | 17. Whispering Pines • 281-8003
#6 Lark Road, Tijeras |
| 5. Encino Terrace • 247-4185
609 Encino Place NE | 12. Rio Bravo • 873-6647
3910 Isleta Blvd SW | 18. Los Duranes • 767-5900
2920 Leopoldo NW |
| 6. South Valley Multipurpose
Center • 468-7604
2008 Larrazolo SW | 13. Shalom House • 823-1434
5500 Wyoming NE | |

Cultural Venues

1. **The KiMo Theatre**
768-3544 • 423 Central Ave. NW
2. **Old Town**
Just NE of Rio Grande & Central
3. **South Broadway**
Cultural Center • 848-1320
1025 Broadway Blvd SE
4. **The Albuquerque Museum**
of Art & History • 243-7255
2000 Mountain Road NW
5. **Anderson-Abruzzo**
Albuquerque International
Balloon Museum • 880-0500
9201 Balloon Museum NE

Senior Centers						Multigenerational Centers		50+ Sports & Fitness Centers	
									
Barelas 714 7th St. SW 764-6436	Bear Canyon 4645 Pitt NE 767-5959	Highland 131 Monroe NE 767-5210	Los Volcanes 6500 Los Volcanes NW 767-5999	North Valley 3825 4th St. NW 761-4025	Palo Duro 5221 Palo Duro NE 888-8102	Manzano Mesa 501 Elizabeth SE 275-8731	N. Domingo Baca 7521 Carmel Ave. NE 764-6475	Palo Duro 3351 Monroe NE 880-2800	Los Volcanes 6500 Los Volcanes NW 767-5990

Great Partnership



Presenting Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another—Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our fine city's rich variety of activities and services available to seniors and their families.

City of Albuquerque Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving City of Albuquerque and Bernalillo County residents for more than forty years. Through innovative programs and quality services, the department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care specially designed to meet individual needs throughout the aging spectrum.

Membership: Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members. Individuals can be as young as six years old to become a member of a multigenerational center.

City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque's Public Libraries, BioPark, Museums, the KiMo Theatre, and more. Cultural Services also hosts special events throughout the city. Cultural Services At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Beach
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town – New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

Mission: The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.



Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all of our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca Multigenerational Center. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a gymnasium and a water spraypark, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60.

Some classes and trips require a fee. Other services, including lunch at our mealsites, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership.
- Trip and class sizes are limited.
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; Call the host center for more information (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate.

Class fees are usually payable to the instructor at the first class.



This one day, four-hour class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. No tests are involved. \$15 for AARP members, \$20 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

Barelas, Lead & Coal
3rd Wednesday, 12:30 - 4:30 pm

Bear Canyon, Room 5
3rd Thursday, 12:00 - 4:00pm
1st Saturday, 9:30 am - 1:30 pm

Highland, Room 7
1st Thursday, 12:15 - 4:15 pm
2nd Saturday, 10:30 am - 2:30 pm

Los Volcanes, Room 2
1st Monday, 9:00 am - 1:15 pm

Manzano Mesa, Room 5
1st & 3rd Saturday, 9:15 am - 1:00 pm

N. Domingo Baca, Community Room
1st Saturday, 10:30 am - 2:30 pm

North Valley, Room 4
1st Monday, 12:15 - 4:30 pm
Palo Duro, Ponderosa Pine
1st Friday, 8:30 am - 12:30 pm

Cleaning/Training Center Closing Schedule Winter/Spring 2017



Barelas
January 9 - 13
Bear Canyon
March 27 - 31
Highland
January 23 - 27

Joe O. Armijo
Los Volcanes
Fitness Center
February 6 - 10
Los Volcanes
Senior Center
January 30 - February 3
Manzano Mesa
February 13 - 17
North Domingo Baca
March 20 - 24

North Valley
March 6 - 10
Palo Duro
Senior Center
March 13 - 17
Palo Duro
Fitness Center
February 27 - March 3

HOLIDAY CLOSINGS

New Year's Day
Monday, January 2
Martin Luther King Jr. Birthday
Monday, January 16
President's Day
Monday, February 20
Memorial Day
Monday, May 29

Center Shops & Markets

Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

Barelas, Social Hall
Thursday, 8:30 am - 12:30 pm,
\$2 table
Bear Canyon, Multi-purpose
May - September
Tuesday, 10:00 am - 2:00 pm,
\$2.50 table
Highland, Room 7
Monday, 8:00 am - 1:00 pm, \$2 rental
Los Volcanos, Social Hall
8:00 am - 11:00 am, \$2 rental
Manzano Mesa, Patio
1st Friday, 8:00 am - 12:00 pm
(May - October) \$2 table
North Valley
Wednesday, 8:00 am - 12:00 pm
\$1, \$1.50, \$2 table

Gift Shops

Buy a gift made by a senior. You must be a center member to sell.

Los Volcanes, Hot Spot Gift Shop
Monday - Friday, 9:00 am - 1:00 pm
Palo Duro, Desert Willow Gift Shop
Monday - Friday, 9:00 am - 2:00 pm

Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

Barelas, Social Hall
Wednesday, 9:30 - 10:30 am
Bear Canyon, Social Hall
Tuesday, 9:30 - 10:30 am
Highland, Lobby
Monday, 1:00 - 4:00 pm
Los Volcanes, Lobby
Thursday, 10:00 - 11:00 am
Manzano Mesa, Social Hall
Thursday, 10:00 - 11:00 am
North Valley, Social Hall
Wednesday, 9:00 - 11:00 am
Palo Duro, Cottonwood
Wednesday
9:15 - 10:15 am



There is a center close to you!

Center memberships are only \$13 a year!

See
page
3



Health

Blood Pressure Screening

Bear Canyon, Room 2
Wednesday, 9:00 - 11:00 am
Highland, Room 5
Friday, 10:00 - 11:00 am
Palo Duro, Aspen
Monday, 9:15 - 11:30 am

GEHM Clinic

Call for dates
Barelas, Lobby
Highland, Room 3
Los Volcanes, Social Hall
Manzano Mesa, Lobby
N. Domingo Baca, Lobby
North Valley, Room 1

Learn how to
manage
your chronic
disease.
See pages
18 and 68



General Information

Legal Clinic

Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Appointment required, please contact Senior Law Office Info: 265-2300.



Barelas, Stover

2nd Thursday, 10:30 am - 12:30 pm

Highland, Room 7

3rd Tuesday, 1:00 - 3:00 pm

Los Volcanes, Room 1

4th Thursday, 10:00 am - 12:00 pm

North Valley, Room 4

3rd Thursday, 9:00 - 11:00 am

Advance Directive Workshop (Powers of Attorney, Cremation Authorization, EMS/DNR)

Shopping Trips from Barelas

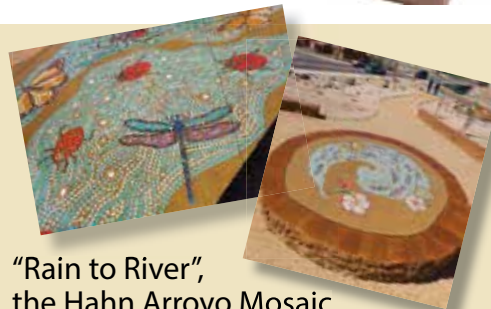
50¢ transportation.
Sign up at front desk.



Barelas

Wal-Mart Superstore

Monday, 9:30 - 11:30 am



"Rain to River",
the Hahn Arroyo Mosaic
Project, by lead artist Nan Masland &
160 community volunteers, 2011.

New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

Bear Canyon, Room 1

2nd Friday, 10:30 - 11:30 am

Public Art in Albuquerque

A free brochure is available by contacting us at publicart@cabq.gov. Please visit our interactive public art map at www.cabq.gov/publicart/public-art-in-albuquerque. Sign up for our bi-monthly e-newsletter at www.cabq.gov/publicart/e-newsletter-archive.

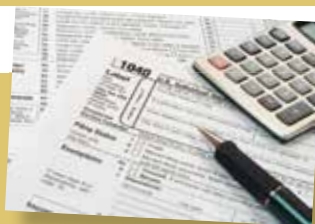


Americans with Disabilities Act:

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to that event.

Income Tax Assistance

Please bring the following information to your appointment.



- Driver's License or State Issued Identification Card
- Copy of your last year's tax returns
- Social Security Cards for all people listed on return
- W-2 forms for wages
- Forms including 1099-INT (interest); 1099-DIV (dividends); All 1099-R (retirement); SSA 1099 (Social Security Benefit Statement); All 1099-B (stock sales) you must have the basis (what you paid) for all sales including mutual funds. Call your broker; 1099-G gambling winning; RRB 1099 (railroad retirement); and any other 1099 forms.
- Forms reporting income such as jury duty, election work, alimony, etc.
- Medical expenses
- Medical Insurance Cards and any Form 1095-A, B, or C's
- For ages 65 or older, property tax bill and or rent receipts.

If you have a complex return, check with the center before making an appointment. Some returns are out of scope for volunteer assistants.

Barelas, Atlantic, Stover
First-come, first-served;
No Appointment Required
Monday, Wednesday
January 30 - April 17
8:00 am - 2:00 pm

Bear Canyon, Rooms 4, 5
Appointments Only
Tuesdays February 7 - April 11
(Except March 28)
8:00 am - 3:00 pm

Highland, Room 6
Thursday, February 2 - April 13
8:30 am - 2:00 pm
Appointments Only
Friday, February 3 - April 14
8:30 am - 1:00 pm
Limited Appointments and Walk-ins

Los Volcanes, Room 1, 2
Appointments Only
Friday, February 10 - April 14
8:30 am - 2:30 pm

Manzano Mesa
Appointments Only
February 2 - April 13
(Except February 13, 16)
Monday, Computer lab
8:00 - 2:00 pm
Thursday, Room 4
8:00 - 12:00 pm

North Domingo Baca, Room 2
Appointments Only,
walk-ins if available
Friday, Feb. 3 - April 14
8:30 am - 2:30 pm

North Valley, Room 1, 2
Appointments Only, walk-ins if available
Friday, Feb. 3 - April 14
(Except March 10)
8:30 am - 2:30 pm

Palo Duro, Cedar Crest
Appointments Only
Thursday, Feb. 2 - April 13
(Except March 16)
8:00 am - 5:00 pm

Arts and Crafts

Amateur Telescope Making

Making your own telescope.

Manzano Mesa, Room 3
1st, 3rd, Wednesday, 7:00 - 9:00 pm

Arts and Craft- Sharing

For beginners who want to learn and for the experienced who want to share. Embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.

North Valley, Room 3
Wednesday, 9:00 am - 12:30 pm



Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over glazing and/or staining, decorating, decals, etc. Materials not included.

Barelas, Santa Fe
Monday, Wednesday,
9:00 am - 12:00 pm

Los Volcanes, Room 4
Friday, 8:00 - 11:30 am

North Valley, Room 4
Tuesday, Wednesday,
12:00 - 4:00 pm

Palo Duro, Piñon Room
Monday, 11:00 am - 3:00 pm
Thursday, 8:00 am - 1:00 pm

Photography Classes

Sign up at the front desk.

North Domingo Baca
Wednesday 8:30 - 11:30 am,
Thursday 6:00 - 8:00 pm
Instructor: Jim



Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Its rigidity makes it useful for creating 3-dimensional objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.

Los Volcanes, Room 4
Thursday, 1:00 - 3:00 pm

Porcelain Doll Making

Learn this art while making a doll.

Los Volcanes, Room 4
Thursday, 9:00 - 11:00 am



Rosemalers

We do rosemaling from Norway, dal-malning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece and we will get you started. No registration required. Offered September 2016 through May 2017 and not offered during the months of June through August 2016.

Highland, Room 3
Friday, 9:30 - 11:30 am
2nd Saturday (Meeting),
10:00 am - 12:00 pm
Instructor: Diana

Stained Glass

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.

Los Volcanes, Room 4
Friday, 1:00 - 4:00 pm
Palo Duro, Cottonwood
Friday, 9:30 - 11:30 am



Visiting Artists Series

Guest artist guides participants in an activity that often involves a demo and a hands-on experience. Open to all.



A different artist volunteers each week from Memorial Day to Labor Day. During the summer, the program is more informal.

Palo Duro, Cottonwood
Tuesday, 1:00 - 3:00 pm
Instructor: Haag

Crocheting/Knitting

The "Busy Bees"

Donate hats, blankets and scarves to many organizations.

Palo Duro, Cottonwood
Wednesday, 12:00 - 3:00 pm
Instructor: Courtright

Crocheting

Join our fun-loving group for socializing and learning new techniques.

Los Volcanes, Room 2
Monday, 1:00 - 4:00 pm
Wednesday, 9:00 am - 12:00 pm

Happy Hookers Crochet Club

This all ages, all levels, informal group works on individual projects and group project; making lap rugs for local charitable organizations.

Manzano Mesa, Room 4
Monday, 1:00 - 3:00 pm

Highland Knitting Group

All levels are welcome Learn techniques for knitting sweaters, afghans, baby blankets, etc. Many of the blankets are donated to non-profit organizations such as Project Linus.

Highland, Room 2
Monday, 9:00 am - 12:00 pm

Highland Open Studio Crochet & Knitting

Come join this fun loving group for socializing and learning new techniques. This is in an informal group working on different individual and group projects. You must bring your own supplies.

Highland, Room 2
Friday, 1:00 – 5:00 pm
Instructor: Ramona



Knitting and Crocheting

All levels welcome. Learn techniques for creating sweaters, afghans, baby blankets, etc. Many of the blankets are donated to Project Linus.

Bear Canyon, Room 5
Monday, 10:00 am - 12:00 pm

Los Volcanes, Room 2
Tuesday, 10:00 - 11:15 am

North Valley, Room 3
Wednesday, 9:00 am - 12:45 pm

Calligraphy

Escribiente Calligraphy Society

Manzano Mesa, Room 5
1st Wednesday, 6:30 - 8:30 pm
For more information: escribiente.org



Drawing

Drawing

Los Volcanes, Room 4
Tuesday, 9:00 - 11:30 am
Instructor: Janet

North Domingo Baca
Saturday, 9:15 - 11:15 am

Learn to Draw with Kelly

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby.
1 - 12x18 of newsprint,
1 - kneaded eraser, 1- charcoal pencil.

North Domingo Baca
Friday, 9:00 - 11:00 am

Pastel: Demonstration Classes

This soft chalk Pastel Demonstration Workshop is a 2 hour pastel demonstration, taking you through the essentials of this wonderful and colourful medium. The instructor will demonstrate step-by-step how to complete an interesting and vibrant pastel painting. We work at a pace which suits you and give essential

advice to help you create an image you will be proud of.

North Valley, Room 4
Tuesday, March 14 - 28, 4:00 - 6:00 pm
Instructor: Elaine
\$35

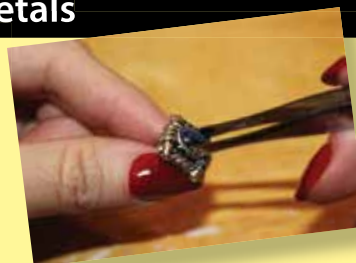
Portrait Drawing Class

We need your face! Highland Portrait Drawing class draws live models with a focus on the proportions of the head. Models are needed weekly; in return



Continued on Page 11

Metals



Metal Silversmith and Jewelry Making Open Lab

Open lab for metals, silversmith, fused glass and enamel for those students with a basic knowledge of jewelry making or silversmithing.

Palo Duro, Juniper
Wednesday, 11:30 am - 4:00 pm
Instructor: Garcia and Taylor

Silversmith Open Sessions Metal Casting

Learn basic skills and methods, using the lost wax casting process you can cast objects in silver & bronze.

Palo Duro, Juniper
Thursday, 1:00 - 4:30 pm
Instructor: Lumpee
\$2 per casting for consumables

Tin Class

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques.

Los Volcanes, Room 4
Tuesday, 1:00 - 4:45 pm
Instructor: Maria

Traditional Spanish Tin Work

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques. See center for complete details and supplies. Sign-up is required.

Highland, Room 2
Tuesday
1:00 – 3:00 pm
Instructor: Cora
\$10 Material Fee

Traditional Spanish Tin Work/Open Studio

Expand on your skills with tinsmithing a traditional colonial art form. This is an open studio for people who have completed the Traditional Spanish Tin Work class and are skilled enough to work without an instructor.

Highland, Room 2
Wednesday
1:00 – 3:00 pm

models will get copies of all the artworks of your portrait. New Artists welcomed and models are always needed. Call the front desk for more information.

Highland, Room 8
Tuesday, 10:00 - 11:00 am
Instructor: Marge

Sketching

Los Volcanes, Room 10
Thursday, 9:00 - 11:00 am
Instructor: Janet and Jean

Leather

Leather Craft

Learn the art of hand-tooled leather crafting. Students must buy leather. Some tools provided.



Palo Duro, Aspen
Tuesday, 12:00 - 2:00 pm
\$1 per month; New students \$5

Painting



Brilliance of Soft Pastels

Beginners focus on technique, composition and materials. Intermediate students focus on interpreting value and color, enhancing skills and new challenges. Demos given along with individual help. Some materials may be purchased.

Manzano Mesa, Room 3
Monday, 1:30 - 4:00 pm

Making a Start in Still Life Painting with Acrylics

This workshop will take you through everything you need to paint a quality still life painting. From setting up and lighting, from choosing the approach and materials to placing the items on canvas through to completion of a complete work.

North Valley, Room 4
Tuesday, April 11
4:30 - 6:30 pm
\$70 6 weeks
Instructor: Elaine



Painting: Fine Art and Drawing

Join us for weekly open drawing and painting sessions. You can work from photos or observational drawing and painting with still life in a relaxed and comfortable atmosphere. Work at your own pace with Instructor/artist Elaine Cimino. Materials lists will be provided.

North Valley, Room 3
Thursday, 1:00 - 3:00 pm
\$10 class or 4 sessions for \$35
Instructor: Elaine

Painting: Oil

Instruction is given on perspective, composition, form, color mixing and blending. All levels. Bring materials.

North Valley, Room 4
Friday, 9:00 am - 12:00 pm

Painting: Open Workshop

All venues welcome. No registration required, bring materials.

Bear Canyon, Rooms 3, 4
Friday, 9:30 am - 12:00 pm
Instructor: Marian

Painting: Tile

Manzano Mesa, Room 3
Monday, 9:00 am - 1:00 pm
Tuesday, 9:00 am - 1:00 pm
Friday, 8:30 am - 12:30 pm
(Special Needs Tile Painting)
Instructor: Lawanda

Painting: Workshop Acrylic

Instruction is given on perspective, composition, form, color mixing and blending. All levels. No registration required. Students supply their own materials.

Bear Canyon, Room 3
Monday, 9:00 am - 12:00 pm
Instructor: Paul

Painting: Workshop Oil

Instruction is given on perspective, composition, form, color mixing and blending. All levels. No registration required. Bring materials.

Bear Canyon, Rooms 3, 4
Wednesday
9:00 - 11:30 am
Instructor: Marian

Palo Duro Palettes

The Palo Duro Palettes wish to invite anyone with an interest in Visual Art to come and share in the joy of drawing and painting in our supportive, friendly group. Materials are available.

Palo Duro, Piñon
Wednesday, 1:00 - 3:00 pm
Instructor: Lamkin

Watercolor: Demonstration

The Watercolor Demonstration classes are a step by step demonstration giving you an opportunity to complete a watercolor painting, while learning tricks and techniques.

Highland, Room 2
Thursday, 9:30 am - 12:00 pm
Instructor: Dan

Watercolor Open Studio

You may use the open studio time to further explore projects in watercolor. This class is for self-led, intermediate level students. You must bring your own supplies and the supply list suggested is watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser and a drying towel.

Highland, Room 2
Thursday, 9:30 am - 12:00 pm
Instructor: Dan

Intro to Watercolor

Introduction to watercolor painting is for anyone interested in learning basic watercolor painting techniques and general practices. The class covers

Continued on Page 12

Materials, Composition, Values, Perspective and special techniques. Students paint in every class. No experience needed to join. The objective is to give a foundation to those interested in water color painting and art in general such that, at the end of the 5 weeks the student is able to join in water color groups at Bear Canyon or just enjoy painting at home.

Bear Canyon, Room 5

Thursday, February 9 - March 9

10:00 am - 12:00 pm

Plus materials

Instructor: David Winsatt

Watercolor: For Fun

This all levels class covers: Land-scape, spring flowers, still life, painting from photos and sketches and one class on location.

North Domingo Baca

Monday, 8:30 am - 12:30 pm

This is a self-directed class

Watercolor: Intermediate

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.

Bear Canyon, Room 3

Tuesday, 1:00 - 3:30 pm

Instructor: Paul

Collage, Color and Pattern

This workshop explores making your own palette of colors and material for collage compositions. We will paint, dye and stain a variety of papers, exploring color; use viewfinders and stencils; use cutting, tearing and layering to explore different effects; look at composition, proportion and pattern.

North Valley, Room 4

Tuesday, January 10 - January 31

3:30 - 5:30 pm

\$45 Instructor: Elaine

Abstract Expressionism

Join us in an exploration into this movement of art which ushered in the modern era of today.

Activities will include:

- Lecture - slide show
- Discussion
- Creative exercises - media manipulations
- Strategies for your masterpiece



Bear Canyon, Room 4

Monday, January 9, 23, 30

Feb 6, 13 & 27, 8:30 - 11:30 am

Instructor: Ed Mills

Fee: \$10 plus materials

Pottery

Clay

This will be class for beginners to intermediate range to explore together the fun of working with clay, learning hand building and pottery wheel techniques.

Los Volcanes, Room 4

Monday

1:00 - 3:00 pm

Pottery

All levels welcome. From pinch pots, slabs, coiling to wheel throwing. Self-directed. There is a material Fee.

Los Volcanes, Room 4

Wednesday, 9:00 - 11:00 am

Manzano Mesa, Room 3

Tuesday, Thursday, 9:00 - 1:00 pm

North Valley, Room 4

Monday, 9:00 - 11:30 am

Palo Duro, Piñon

Friday, 9:00 - 11:30 am

Pottery: Intermediate I

This class is for students who have completed the Beginning Pottery course or who have proficient knowledge. This fifteen-week class will cover a variety of clay projects including sculpture, hand built pottery, pottery on the wheel, glaze finish and surface design. All work will be fired in the studio. Class fee: \$50. Pay as you go materials and firing fees also apply.

Bear Canyon,

Room 5

Wednesday,

March 1 - June 15

1:00 - 4:00 pm

Instructor: Christine

\$50 plus material and firing fee



Pottery: Intermediate II

This class is for students who have completed the Beginning Pottery course or who have proficient knowledge. All work will be fired in the studio.

Bear Canyon, Room 5

Thursday, March 16 - June 29

8:30 - 11:30 am

Instructor: Christine

\$50 plus material and firing fee

Pottery: Lab

This is for advanced and or intermediate pottery students only.

Palo Duro, Piñon

Wednesday

8:00 - 11:30 am

Self-directed



Pottery: Open Studio

Open Studio is for self-led intermediate students who wish to further explore projects independently. Students must complete at least one course with the pottery instructor to be eligible for this course. All work will be fired in the studio. Materials and firing fees apply.

Bear Canyon, Room 5

Friday, March 17 - June 30

1:00 - 4:00 pm

Instructor: Christine

Highland, Room 2

Thursday, 1:00 - 4:00 pm

Instructor: Christine

Pottery: With Penne

This class will create in clay using multiple techniques- pinch pots, coiling slabs, the potters' wheel, glazing and firing. We will practice with techniques using bowls, cups, sculptures and ideas from your imagination. This class is designed for the beginning to intermediate student. Sign up is required.

Highland, Room 2

Wednesday, 9:00 am - 12:00 pm

Instructor: Penne

Quilting, Sewing and Weaving

Quilting, Sewing and Weaving

Get It Done!

Chat while you "get done" those projects in this modern day quilting bee.

Palo Duro, Juniper

Friday, 12:00 – 2:00 pm



Highland Laptop Quilters

An experienced group of hand quilters sharing ideas, assisting each other and completing quilts to completion. A wide variety of items from donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

Highland, Room 3

Monday, 9:00 – 11:30 am

Highland Quilting

Quilting is the process of sewing of two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment. Typically, quilting is done with three layers: the top fabric or quilt top, batting or insulating material and backing material. Novice and experienced quilters are welcome. Donations of fabric and yarn are always appreciated.

Highland, Room 7

Tuesday, 8:00 am – 12:00 pm

Quilting

Quilting is the process of sewing of two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted

garment. Typically, quilting is done with three layers: the top fabric or quilt top, batting or insulating material and backing material. Novice and experienced quilters are welcome. Donations of fabric and yarn are always appreciated.

Los Volcanes, Room 2

Thursday, 9:00 – 11:00 am

Palo Duro, Cottonwood

Tuesday, 8:00 am – 12:30 pm

Saturday, 9:00 am – 1:00 pm



Quilting: Circle

North Domingo Baca

Friday, 10:00 am – 4:00 pm

Quilting: Experienced

This group of experienced hand quilters works on each other's quilts to completion.

Bear Canyon, Rooms 3, 4

Tuesday, 8:30 – 11:45 am

Instructor: Janet

Quilting: Hand, Machine

A group of people interested in quilting and quilting art assemble. Most of the individuals quilt by hand but sewing machines are also used. No formal instruction is given however encouragement is shared by all.

Manzano Mesa, Room 4

Wednesday, 9:00 am – 12:00 pm

North Valley, Room 3

Monday, 8:00 am – 4:00 pm

Quilting: Punch

A "no sew" way to create fabric pictures and wall hangings.

Manzano Mesa, Room 3

Tuesday, 1:00 – 3:00 pm



Tuesday Angels

Make a wide variety of items from donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

Palo Duro, Aspen

Tuesday, 8:30 – 11:30 am

Sewing & Alterations

Bring your latest sewing project and get help with any alterations or question you may have.

Palo Duro, Ponderosa

Tuesday, 10:00 am – 12:30 pm

Instructor: Gosso

Swedish Weaving

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

Los Volcanes, Room 2

Tuesday, 11:30 am – 2:30 pm

Palo Duro, Pondersosa

Friday, 2:15 – 4:30 pm

\$10 Material Fee

Instructor: Lucero

Woodcarving

Open Woodshop and Wood Carving

If you are interested in carving, cutting or working on other wood projects please join us.

Los Volcanes, Room 10

Tuesday, 9:00 – 11:00 am

Instructor: Ray

Manzano Mesa, Room 3

Wednesday, 8:00 – 11:30 am

North Valley, Room 3

Tuesday, 8:30-10:30 am

Continued on page 14



Woodcarving/Bear Canyon Carvers

Women and men of all skill levels enjoy woodcarving in this ongoing class.

Bear Canyon, Room 5
Friday, 8:00 am - 12:00 pm
Instructor: Gerry

Woodcarving: Power

Women and men of all skill levels enjoy woodcarving in this ongoing class.

Los Volcanes, Room 4
Wednesday, 1:00 - 3:30 pm
Instructor: Juanita

JOIN US!!!
MEMBERSHIP
IS ONLY
\$13/YEAR



Lots of Activities! Lots of Education!
Lots of Entertainment! And more
importantly... Lots of Fun!

Computer



Barelas

Introduction to Microsoft Publisher 2013

Learn how to make flyers, greeting cards, calling cards, and banners. It is recommended that the student have common use and understanding of Windows 8.1 or Windows 10 operating system prior to taking this class. Please see instructor to sign up for class. Minimum of 4 students needed to offer this class.

Barelas, Computer Lab
Tuesday, February 7, 14, 21, 28
Tuesday, April 4, 11, 18, 25
Tuesday, June 6, 13, 20, 27
9:00 - 11:00 am/1:00 - 3:00 pm
Instructor: Patrick \$20

Folk Art

Retablos/Hispanic Folk Art



Learn the art of making retablos.
Barelas, Stover
Tuesday, 9:00 - 11:30 am
Instructor: George
North Valley, Room 3
Wednesday, 1:00 - 4:00 pm
Instructor: Anita

Acting

Acting/Theater Workshop

Sandia Performing Arts Company is offering lessons in beginning acting, no experience is necessary. Come and have fun with us in a friendly and supportive environment. Learn the basics of theatre acting, developing a character,

understanding a scene, projections and much, much more!

Palo Duro, Juniper
Wednesday, 9:00 - 10:00 am
Session I: Wednesday,
February 1 - March 8
Session II: Wednesday,
March 22 - April 26
\$5 per class or \$30 per person
after Sandia Performing Arts Company

Composition (writing classes)

Word Wright's Writing

North Domingo Baca
Monday, 1:30 - 3:30 pm

Writing Your Autobiography

Bear Canyon, Room 1
Tuesday, 9:00 - 11:15 am

Introduction to Microsoft Windows 10



This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to update their computer skills with the latest Microsoft operating system. Students will learn about basic computing and how to use the latest Microsoft operating system. You will learn about all computer components and how they interact to work with various Microsoft computer programs. Minimum of 4 students needed to offer this class.

Barelas, Computer Lab
Tuesday, January 3, 17, 24, 31
Tuesday, March 7, 14, 21, 28
Tuesday, May 2, 9, 16, 23
9:00 - 11:00 am/1:00 - 3:00 pm
Instructor: Patrick \$20

Barelas Computer Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is present.

Barelas, Computer Room
Call Center for hours.

Bear Canyon



Apple iPad & iPhone Workshop

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

Bear Canyon, Computer Lab
2nd Thursday of every month
10:00 am - 12:00 pm
Contact: Bob Reed -
reed1936@comcast.net
Instructor: Richard Roy

Apple Macintosh Day

Open to Mac users of any experience level - FREE. An open, interactive-Apple Macintosh Users meeting that includes:
• The Learning Corner - 9:45 to 11:15 am. Announcements, and a Macintosh educational presentation - A different subject every month.

• Macintosh Q/A Session – 11:30 am to 12:30 pm. Bring your questions and see answers demonstrated on our large movie screen.

Bear Canyon, Rooms 3 & 4
3rd Saturday of each month.
Instructor: Bob Reed –
reed1936@comcast.net



Computer: Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is available.

Monday, Wednesday, Friday
9:00 – 11:00 am

Computer: Windows PC Classes at Bear Canyon

For a calendar of Bear Canyon computer room activities, visit: <http://www.brownbearsw.com/freecal/bcsc>
We conduct classes periodically on a variety of Windows PC topics. To join our eMail list, and receive course notifications, contact Gary Day at 292-4909 or eMail, garylday@msn.com

Computer: Windows Workshop

A FREE monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. No reservations needed. Seating is limited to the first 25 who arrive.

Bear Canyon, Computer Lab
3rd Wednesday
1:30 – 3:30 pm
Instructors: Harold Gottlieb & Gary Day.
Contact: Harold Gottlieb
at: hbgott12@q.com

Los Volcanes

Introduction to Microsoft Windows 10 and Beyond

This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to

update their computer skills with the latest Microsoft operating system. Minimum of 4 students need to sign up 1 week prior to present this course. Students will learn about basic computing and how to use the latest Microsoft operating system. They will learn about all computer components and how they interact to work with various Microsoft computer programs like Word and MS Publisher.

Los Volcanes, Room 1

Wednesday, January 4, 11, 18, 25 Session I
Wednesday, March 8, 15, 22, 29 Session II
Wednesday, May 10, 17, 24, 31 Session III
9:00 – 11:00 am, 1:00 – 3:00 pm
Instructor: Patrick \$20

Introduction to Microsoft Publisher 2013

Learn how to make flyers, greeting cards, calling cards, banners, etc. It is recommended that the student have common use and understanding of Windows 10 operating systems prior to taking this class.

Session I:

Wednesday, February 8, 15, 22, 23

Session II:

Wednesday, April 5, 12, 19, 26

Session III:

Wednesday, June 7, 14, 21, 28
9:00 – 11:00 am continues from 1:00 – 3:00 pm
\$20 Instructor: Patrick

Computer: Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is available.

Los Volcanes, Computer Lab
Monday 2:00 - 4:45 pm
Thursday 3:00 - 6:45 pm
Saturday 11:15 am - 12:45 pm



Manzano Mesa

Computer: Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is available.

Manzano Mesa, Computer Lab

Tuesday, Thursday
9:00 am – 12:00 pm
Wednesday, 1:00 – 3:00 pm
Friday, 9:00 am – 3:00 pm

North Domingo Baca

North Domingo Baca Multigenerational Center
Karen Johnson's Computer Classes
January-June, 2017
Call Center for dates and times

Excel 2010 & Up, Level II

Learn to create more advanced formulas, functions, dates, sort and filter, worksheet protection, and charts. More tips and tricks! Detailed handout included.

North Domingo Baca, Computer Lab

January 25, 26, 30, 31
9:45 am – 12:00 pm
Donation
Instructor: Karen



Getting to Know Your Computer

Learn how to use your computer in a relaxed and fun atmosphere. Detailed handout included.

North Domingo Baca, Computer Lab

January 12, 13, 17, 18
9:45 am – 12:00 pm
Donation
Instructor: Karen

Join a Writing
or Poetry Group
See Page 30



Using Flash Drives

In this class, you will learn how to purchase and use flash drives. We will use flash drives in the other classes. Detailed handout included.

North Domingo Baca,
Computer Lab
March 8, 9, 15, 16
9:45 am – 12:00 pm
Donation
Instructor: Karen

**Windows 10 and Word 2010 for Beginners**

Learn Windows basics and how to create documents in Word. Detailed handout included.

North Domingo Baca,
Computer Lab
February 8, 9, 14, 15
9:45 am – 12:00 pm

**Word 2010 & Up, Level I**

Create and modify documents, use spell and grammar check; enhancing text with fonts, bullets, and numbering; cut and paste, Undo, margins; saving and printing. Detailed handout included.

North Domingo Baca,
Computer Lab
February 22, 23, 28,
March 1
9:45 am – 12:00 pm
Donation
Instructor: Karen

**Excel 2010 & Up, Level I**

Create and format worksheets. Use simple formulas. Save, preview and print your worksheets. Learn tips and tricks galore! Detailed handout included.

North Domingo Baca,
Computer Lab
April 5, 6, 12, 13
9:45 am – 12:00 pm
Donation Instructor: Karen

**Word 2010 & Up, Working with Photos**

Learn how to place, modify, and enhance photos in your documents. Detailed handout included.

North Domingo Baca,
Computer Lab
April 19, 20, 24, 25
9:45 am – 12:00 pm
Donation
Instructor: Karen

Using the Internet

Learn how to access the Internet, shop without compromising your personal information, and find reliable government and medical websites. Detailed handout included.

North Domingo Baca,
Computer Lab
May 3, 4, 8, 9
9:45 am – 12:00 pm
Donation
Instructor: Karen

**Publisher 2010 & Up, Level I**

Create eye-catching, colorful flyers, signs, letterheads, greeting cards, business cards, labels and much more. Many tips and tricks such as using clipart and photographs will be included to help you create and modify your publications. Detailed handout included.

North Domingo Baca,
Computer Lab
May 17, 18, 22, 23
9:45 am – 2:00 pm
Donation
Instructor: Karen

**Email Using Google's gMail**

Send and receive email. Learn how to delete, reply, forward, organize, and attach documents and photos. Detailed handout included.

North Domingo Baca, Computer Lab
May 31, June 1, 5, 6
9:45 am – 12:00 pm
Donation Instructor: Karen

**Word 2010 & Up, Level II**

Create drop caps, customize bullets and paragraph numbering. Also, indent paragraphs, set and use custom tabs; use Format Painter; use Find and Replace, insert page breaks and page numbers, create portrait and landscape pages, and create headers and footers. Detailed handout included.

North Domingo Baca,
Computer Lab
June 14, 15, 19, 20
9:45 am – 12:00 pm
Donation
Instructor: Karen

**North Valley****Computer Basics**

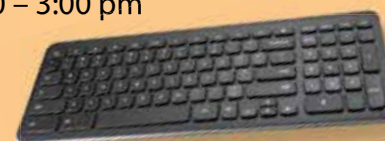
Do you want to learn the basics in computers? Mouse, keyboard, computer terms and basic functions? This class will cover PC operating system. A minimum of 4 people per class.

North Valley, Computer Lab
2nd Friday of each month
9:00 am – 12:00 pm
\$5
Instructor: Ron

Open Computer Lab

Open to members who wish to practice their computer skills or access the web. During open lab a monitor is on site to assist you with your basic computer needs.

North Valley, Computer Lab
Monday – Thursday
1:00 – 3:00 pm





Getting To Know Your Tablet or Smart Phone

This is a class designed to get you to have an understanding the basics of your tablet or smart phone. Please bring your own device.

North Valley, Computer Lab
1st Friday of each month
2:00 – 4:00 pm
\$5
Instructor: Ron



Palo Duro

Computer Lab

Open to members who wish to practice their computer skills or access the web.

Palo Duro, Cedar Crest
Monday, Tuesday, Friday
1:00 – 3:00 pm

New Windows 10 Operating System

The class will cover:
The Start Menu, Apps, Desktop, Maintenance routines, Personalize Your Computer and Introduction to Microsoft Edge. Handouts provided.

Palo Duro, Cedar Crest
Friday, April 7, 14, 21, 28
Friday, June 2, 9, 16, 23
10:00 am – 12:30 pm
\$35 for the four classes
Instructor: Mary

Beginning Computer Class

Starting Date and Time to be announced call center for more details.

Palo Duro, Cedar Crest
Saturday

Dance Class

Balance & Movement for Parkinson's

This class is designed for mostly all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate also!

Highland, Room 8
Monday, 3:15 - 4:00 pm
\$5
Instructor: Mindy

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

North Valley, Social Hall, South
1st, 3rd Thursday, 2:00 – 3:00 pm

Dancing with the Bars

It's not what you may think...Dancing with the Bars is a movement exercise form of dancing— to the bars of music. It's a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy.

Bear Canyon, Social Hall
Thursday, 8:30 - 9:15 am

Ballroom: Beginning

Bear Canyon, Social Hall
Thursday, 5:00 – 5:45 pm
Instructor: Nick
Los Volcanes, Social Hall
Saturday, 11:00 am - 12:30 pm
Instructor: Michelle
Manzano Mesa, Social Hall
Wednesday, 6:15 – 7:45 pm
North Domingo Baca, Social Hall
Thursday, 7:00 – 8:00 pm
Saturday, 11:45 am – 12:45 pm
Instructor: Georgette



Line Dancing: Beginning

Barelas, Social Hall
Wednesday, 9:30 – 11:00 am
Instructor: Simone
\$1.00 suggested donation
Bear Canyon, Social Hall
Thursday, 3:15 – 4:30 pm
Los Volcanes, Social Hall
Thursday, 9:00 - 10:00 am
Instructor: Jeannie
Manzano Mesa, Social Hall
Wednesday, 1:30 – 3:00 pm
North Domingo Baca, Social Hall
Thursday, 1:30 – 3:00 pm
Instructor: Mary
North Valley, Social Hall South
Monday, 1:00 – 2:00 pm
Palo Duro, Mesquite
Monday, 3:15 – 4:30 pm
Saturday 9:00 – 10:30 am
Instructor: Gayle

Line Dancing II: Intermediate

Bear Canyon, Social Hall
Tuesday, 1:30 – 3:00 pm
Manzano Mesa, Social Hall
Friday, 1:30 – 3:00 pm

Line Dancing III: Intermediate

Manzano Mesaa, Social Hall
Tuesday, 2:00 – 4:00 pm

Line Dance: Starter

First time dancers or beginners.
Manzano Mesa, Social Hall
Wednesday, 12:15 – 1:15 pm

Line Dance: Intermediate

Bear Canyon, Social Hall
Tuesday, 3:00 – 4:30 pm
Los Volcanes, Social Hall
Thursday, 10:10 - 11:10 am
Instructor: Jeannie
Manzano Mesaa, Social Hall
Wednesday, 3:00 – 4:30 pm

Dance Class, con't.

North Domingo Baca, Social Hall
Tuesday, 5:45 – 7:30 pm
Instructor: Georgette

Line Dance: Advanced

Bear Canyon, Social Hall
Thursday, 1:30 – 3:00 pm
Instructor: Doug
Highland, Social Hall
Tuesday, 1:30 – 3:00 pm
Palo Duro, Mesquite
Monday, 1:30 – 3:15 pm
Instructor: Doug
2nd, 3rd, 4th Saturday
10:30 am – 12:00 pm
Instructor: Jeanne

New Mexico Folk Dance

Manzano Mesa,
Social hall
Wednesday
10:00 – 11:00 am

Square Dancing

Enjoy the timeless tradition of Square Dancing.

Palo Duro, Mesquite
Wednesday, 1:00 – 3:00 pm

Wise Women Belly Dancing

This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

Manzano Mesa, Social Hall
Thursday, 6:00 – 8:00 pm
\$10 Drop In or \$35 for 4 Classes

Health & Fitness

Childbirth Classes

North Domingo Baca
January 12
2nd and 4th Thursday
6:30 – 8:00 pm

Cloggercize

Manzano Mesa, Social Hall
Saturday
12:30 – 2:30 pm



Emotional Freedom Technique

EFT, or Tapping, is a self-healing tool for stress relief. Easy to learn, it's used to promote calm, ease anxiety and sometimes helps to alleviate physical pain. Provides tools to make empowered decisions.

North Valley, Social Hall
1st Tuesday, 5:00 – 6:30 pm
Palo Duro, Juniper
2nd Monday, 1:00 – 2:30 pm
\$5 per class

Jazzercise

Jazzercise is a dance-based group fitness program. Jazzercise class features a fusion of dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to popular music.

North Domingo Baca, Social Hall
Tuesday, 4:30 – 5:30 pm
Wednesday, Thursday, 5:30 – 6:30 pm

Laughter Group

North Domingo Baca
Wednesday, 10:15 – 11:00 am

Meditation Circle

North Domingo Baca
Friday, 12:00 – 1:00 pm
Instructor: Lynn

Essential Oils

Essential oils offer safe and fun ways to take care of every day health issues and support immune systems.



Manzano Mesa
2nd, 4th Wednesday
6:30 – 8:30 pm
Instructor: Debi and Sam

Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. To enroll, please call 880 – 2800. Free 6-week workshop 2 1/2 hour meetings.

PALO DURO SENIOR CENTER

(located at 5221 Palo Duro NE):

Thursdays from 1:00 p.m. – 3:30 p.m. on:

January 19 through February 23, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

March 9 through April 13, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

May 4 through June 8, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

July 13 through August 17, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

August 31 through October 5, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

October 12 through November 16, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop.

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

(located at 7521 Carmel NE):

Mondays from 5:15 p.m. – 7:45 p.m. on:

February 27 through April 3, 2017;

This will be a Diabetes Self-Management Program (DSMP) workshop;

April 17 through May 22, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

July 10 through August 14, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

September 11 through October 16, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

November 6 through December 11, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

Project Heart Start CPR Classes

Project Heart Start (PHS) is dedicated to saving the lives of victims of



out-of-hospital sudden cardiac arrest (SCA) through education of all capable citizens to perform the new CPR called compression-only CPR (COCPR) and to encourage and facilitate the placement and proper utilization of automated external defibrillators (AED).

Highland, Room 8
1st Friday, 1:00 – 2:00 pm
Instructor: David

Reversing Brain Drain

North Domingo Baca
Wednesday
6:30 – 7:30 pm

Language

French

French: Beginners Level I
Call Center for dates

North Domingo Baca
11:30 am – 2:30 pm



French: Advanced

Conversation, reading & writing. Students should be able to read, write & speak at advanced level.

Palo Duro, Aspen
Monday, 1:00 – 3:00 pm
\$5 Materials Fee
Instructor: Temmar & Himmelstein

German: Beginning Conversational

Bear Canyon, Room 1
Tuesday, 2:00 – 4:00 pm
Instructor: Simon



German: Intermediate

Students need to have a command of pronunciation and grammar and to be able to write sentences with dependent clauses. Some conversation involved.

Palo Duro, Aspen
Thursday, 9:00 – 11:30 am
Instructor: Lyons

Italian: For Beginners

Learn the language of love! Come have some fun while picking up conversations Italian and listening songs. No experience needed.

Barelas, Stover
Friday, 11:00 am - 12:00 pm
\$3
Instructor: Annalisa



Italian: Workshop

Emphasis is on reading, grammar, conversation and verb conjugation. Acquire the basic tools to get around in Italy, as well as an appreciation of the culture.

Bear Canyon, Room 2
Tuesday, 11:10 am – 1:00 pm
Instructor: Alex

Lip Reading

Bear Canyon, Room 1
Monday, 10:00 am – 12:00 pm
\$5 Instructor: Jean



Sign-Language: Beginners

Learn sign language basics, including the manual alphabet, counting, plus familiar words and phrases. 6 week course

North Valley, Room 3
Tuesday, March 14, 1:30 – 3:00 pm
Tuesday, March 21, 5:30 – 7:00 pm
\$5 Instructor: Pam

Sign-Language: Intermediate

This is a secondary course for those who have taken the beginning course.

North Valley, Room 3
Tuesday, May 2, 5:30 – 7:00 pm
\$5 Instructor: Pam

Spanish: Beginners

Understand and use everyday Spanish expressions - Beginners Spanish Class, suitable for those with no or little knowledge of the Spanish language.

North Valley, Room 3
Friday, 9:30 – 10:30 am
Free Instructor: Barbara



Spanish: Conversation & Review

No registration required.

Bear Canyon, Room 2
Tuesday, 1:10 – 3:00 pm
Instructor: Ken

Spanish: Intermediate

This on-going class is an intermediate-advanced level. Listening, speaking, reading and writing skills are included. Interested students may visit to determine if class level and content are appropriate for them.

Highland, Room 7
Tuesday, 12:30 – 3:00 pm
Instructor: Shirley



- Fitness
- Events
- Dances
- Classes
- Meals
- Clubs
- Games
- Trips

**THERE IS SOMETHING
FOR EVERYONE!**

Spanish: Workshop, Intermediate and Advanced

Spanish Emphasis is on reading, grammar, conversation and verb conjugation.

Bear Canyon, Room 2
Tuesday, 9:00 – 10:50 am
Instructor: Frances

Music

Transposing Chords

Ever play a song with chords that were too high or too low for your vocal range? Learn a simple yet valuable tool

for transposing chords to better suit your range. Setting is limited register early.

North Valley, Room 1, 2
Tuesday, February 21, 28
10:45 – 11:30 am
Tuesday, March 14, 21
5:45 – 6:30 pm
\$15 Instructor: Autum

Ukulele 101

Get your feet wet and your toes tapping too! Learn a cord and a song or two. Some ukuleles are available or bring your own. Register early! For more information call Autum 505-712-6253

North Valley, Room 4
Tuesday, January 17
5:45 – 6:45 pm
Monday, February 6
Monday, March 13
11:00 am – 12:00 pm

Religious

Family Centered Prayer Battle

North Domingo Baca
Friday
9:00 – 10:30 am

Men's Bible Study

North Domingo Baca
Monday, 8:30 – 10:00 am



JANUARY 2017

Afternoon Matinee Movie

Come join us for some complimentary popcorn as we gather & watch a weekly featured "Afternoon Matinee Movie".



Highland, Lobby
Friday, 2:00 pm

Birthday Party

Celebrate birthdays every month with cake.



Barelas
3rd Wednesday, 11:30 am - 1:00 pm
Highland
1st Wednesday, 12:15 - 1:15 pm
Los Volcanes
1st Friday, 11:30 am – 12:30 pm
North Domingo Baca
Last Friday, 11:45 am – 12:30 pm
North Valley
3rd Friday, 11:30 am – 12:30 pm

Dance to Live Music at the Centers

Dance to top 40s, Spanish, country western, swing, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person.

Barelas, Social Hall
Friday, 1:30 - 4:30 pm
Bear Canyon, Social Hall
Thursday, 6:00 - 8:45 pm
Highland, Social Hall
3rd Wednesday, 3:00 - 6:00 pm
Los Volcanes, Social Hall
Thursday (last Thursday of the month \$3), 1:30 -4:30 pm
North Valley, Social Hall
Sunday, 1:30 - 4:30 pm

Dessert Socials

Join us for a special treat once a month, with a variety of desserts.

Bear Canyon, Social Hall
3rd Friday of each month
1:30 - 2:30 pm

North Valley, Social Hall
Thursday, TBA

Dinner Dances

Spend an elegant evening dining and dancing to live music. Various bands \$7.50 per person.

Barelas, Social Hall
Tuesday, March 21, June 27
4:00 - 7:00 pm

Los Volcanes, Social Hall
Tuesday, January 24, April 25
4:00 - 7:00 pm

North Valley, Social Hall
Tuesday, February 14, May 16
4:00 - 7:00 pm

Ice Cream Socials

Banana splits and sundaes are favorites. .75¢/serving



Barelas
2nd Tuesday
11:30 am - 1:00 pm
Los Volcanes
1st Wednesday, 11:30 am - 12:30 pm
Palo Duro
4th Wednesday, 11:30 am - 12:30 pm

Karaoke

For those of you who sing like Sinatra and those who can barely carry a tune: come and sing your heart out at our Karaoke! Here's your opportunity!



Barelas, Social Hall
Tuesday, 11:30 am - 1:00 pm
Los Volcanes, Social Hall
2nd, 4th Thursday, 11:15 am - 1:00 pm
North Valley, Social Hall
TBA

Most activities are FREE with membership unless otherwise indicated.



Pie Socials

Enjoy your favorite pies at these socials. .75¢/slice

Barelas, Lobby
4th Thursday,
10:00 am - 12:00 pm

Los Volcanes,
Social Hall
3rd Friday,
11:30 am - 12:30 pm

Manzano Mesa,
Social Hall
4th Friday,
10:00 - 11:30 am

N. Domingo Baca,
Lobby
1st Friday,
11:45 am - 1:00 pm



Barelas

JANUARY 2017

Monday Fun-Day Pickleball

What better way to start off the week than to have Monday Fun-Day playing pickleball! Refreshments will be served.

Barelas, Social Hall
Monday, January 23
1:30 - 3:30 pm

FEBRUARY 2017

Super Bowl – Soup-er Bowl Party

Ready...Set...Join us for a pre-Super Bowl Party! Put on your team jersey, browse through our Flea Market, and enjoy some great music!

Barelas, Social Hall
Thursday, February 2
9:30 - 11:00 am



Sweetheart Luncheon

It's Valentine's Day! Love and Friendship are in the air. Cupid's arrow is flying everywhere! Join us for a special luncheon and some great music! Lunch Reservations Required

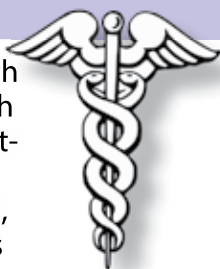
Barelas, Social Hall
Tuesday, February 14
11:30 am - 1:00 pm



MARCH 2017

Let's Talk Health

Join us for a mini health fair. We will have health and wellness representatives here to provide: blood pressure testing, BMI testing, heel scans and more. We will provide some nutritious and delicious



snacks! More details to be announced. Call center to sign up.

Barelas, Social Hall
Wednesday, March 15
9:30 am - 12:00 pm

Lucky Leprechauns Luncheon

Join us on St. Patrick's Day for Irish Luck, Laughter, and a traditional Irish feast! Don't forget to wear your lucky green! Lunch Reservations required.

Barelas, Social Hall
Friday, March 17
11:30 am - 1:00 pm



APRIL 2017

Spring Fling Luncheon

April showers bring May flowers...Please join us for a celebration and enjoy a great meal! Lunch Reservations Required.

Barelas, Social Hall
Wednesday, April 12
11:30 am - 1:00 pm



MAY 2017

Fiestas de Mayo – Older Americans Month

Our celebration is a tribute to Older Americans Month! Join us for a celebration on Cinco de Mayo! Celebrate with food, drink & music! It will be a fiesta to remember! Lunch reservations required.

Friday, May 5
11:30 am - 1:00 pm
1:30 - 4:30 pm (Dance Free)



Mom's Day Lunch

Join us in celebrating all the things we love about our Moms with a special luncheon! Lunch reservations required.

Barelas, Social Hall
Monday, May 15
11:30 am - 1:00 pm

Annual El Camino Real Garden Blessing

Join us in the Barelas Lobby as we move in procession with music and song to the garden for this annual blessing. This tradition is hundreds of years old. It is celebrated in Spanish speaking countries around the world on the feast of San Isidro, patron of farmers and gardeners. Our garden will be the location of this historic event. Light refreshments will be served following the blessing. Contact Garden Keeper Patrick Turrieta for more information.

Barelas, Garden
Monday, May 15
10:00 - 11:00 am



JUNE 2017

Red, White & Blue Salute – Fashion Show

We're honoring our veterans and armed services, with the beautiful red, white, and blue! Join us for our special 2017 Fashion Show, shop for fashion accessories, and Luncheon! Lunch Reservations required.

Barelas, Social Hall
Wednesday, June 14
10:00 - 11:00 am
11:30 am - 1:00 pm (Lunch)

JUNE 2017, con't.**Father's Day Lunch**

We all agree! He's number one! Let's celebrate Dad with a great meal! Lunch reservations required.

Barelas, Lobby
Monday, June 19
11:30 am – 1:00 pm

**El Camino Real Garden Tour & Open House**

Everyone is invited to tour and see what is growing in our lush garden this year. Nearly 100 varieties of plants, flowers, trees and vegetables will be on display. Check out our tropical garden with a good variety of Hawaiian plants and our new Oriental garden. As always, there are several varieties of tomatoes and New Mexico chile growing. Get your garden questions answered by our

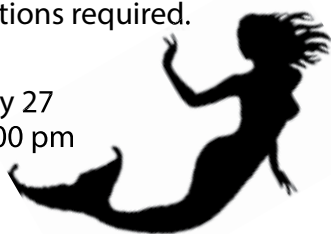
Barelas resident Garden Keeper or other gardeners. Enjoy this peaceful and restful location to view Mother Nature at her best! Light refreshments will be served. Contact Garden Keeper, Patrick Turrieta or Theresa Winter for more information or to schedule separate tours, all at no cost!

Barelas, Garden
Thursday, June 29
10:00 am – 3:00 pm

Bear Canyon**JANUARY 2017****Under the Sea Special Luncheon**

Splash, Splash it's an Under the Sea Bash! Reservations required.

Bear Canyon
Friday, January 27
11:30 am – 1:00 pm
\$4

**FEBRUARY 2017****Love is in the Air**

Join us for a special Performance during our REGULAR LUNCH. The Beartones will entertain us with some of our favorite love songs!

Bear Canyon
Thursday, February 16
11:30 am – 12:30 pm

**FEB. 2017, CON'T.****Mardi Gras Special Luncheon**

Crowns, beads, parades and more... This is what Mardi Gras is for! Reservations required

Bear Canyon
Friday, February 24
11:30 am – 1:00 pm
\$4

MARCH 2017**Bear Canyon Health Fair**

Visit with over 20 vendors, get your blood pressure checked, listen to a presentation, and participate in a laughing yoga demo, and much, much more! Reservations Required

Bear Canyon
Friday, March 3
9:00 am – 2:00 pm
\$4 Sack Lunch

St. Patrick's Day Luncheon

A four leaf clover will bring luck your-way... Especially if you join us for St. Patty's Day! Reservations required.

Bear Canyon
Friday, March 17
11:30 am – 1:00 pm
\$4

**APRIL 2017****Spring Fling Luncheon**

Spring has sprung! Let's celebrate. Reservations required.

Bear Canyon
Friday, April 28
11:30 am – 1:00 pm
\$4

MAY 2017**Food Truck Day**

Enjoy some delicious local cuisine at Bear Canyon's Annual Food Truck Day.



Bear Canyon
Friday, May 5
11:00 am – 2:00 pm

Celebrating Older Americans Month

Join us as we celebrate Older Americans Month! Enjoy a classic car show, food and entertainment.

Bear Canyon
Friday, May 19
11:30 am – 2:00 pm

Highland

FEBRUARY 2017

50's & 60's Sweet Heart Luncheon & Dance

Throw on some 50's & 60's attire and join us for a winter luncheon dance, complete with music entertainment playing songs from the 50's & 60's. Lunch will be served first and the dance following lunch. Ticket Required.

Highland, Social Hall
Wednesday, February 22
11:30 am – 12:00 pm Serving Lunch
12:30 – 3:30 pm Dance
\$4

MARCH 2017

Lucky Charm Luncheon

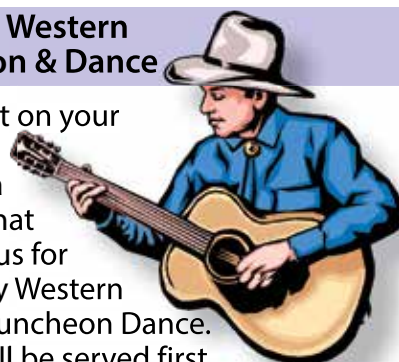
Join us on St. Patrick's Day Irish feast with all the traditional fixings! Don't forget to wear your green. Lunch Reservations Required.

Highland Social Hall
Friday, March 17
11:30 am – 1:00 pm
\$3.25

APRIL 2017

Country Western Luncheon & Dance

Come put on your jeans, boots & a cowboy hat and join us for a Country Western Special Luncheon Dance. Lunch will be served first and the dance following afterwards. Ticket Required.



Highland, Social Hall
Thursday, April 27
11:30 am – 12:00 pm Serving Lunch
12:30 – 3:30 pm Dance
\$4

Los Volcanes

FEBRUARY 2017

Jersey Day

Join other fans to enjoy a variety of eats. Make sure to wear your team's jersey! Please sign up at the front desk to bring a snack/dish to share.



Los Volcanes
Friday, February 3
9:30 – 11:30 am

Hugs & Kisses XOXX For Valentines at Los Volcanes

Enjoy yourself dancing the afternoon away at our special Valentine's Day Dance.

Los Volcanes, Social Hall
Thursday, February 16
1:30 – 4:30 pm

VIP – Very Important Person at Los Volcanes

Volunteers make our world go round. Their help and participation is invaluable to Los Volcanes. Volunteers at Los Volcanes are VIPs. In order to "Honor" Los Volcanes' VIPs the Time they Give, the Work they DO and the interest they Express, Los Volcanes says "Thank You" with a Very Special Event. By invitation only.

Los Volcanes, Social Hall
Wednesday, February 22
2:30 – 4:30 pm



MARCH 2017

Mardi Gras Masquerade

There is no party better than a Mardi Gras Party. Come and join us for an exciting day of entertainment and refreshments.

JUNE 2017



Banana Split Ice Cream Social

Come join us for a festive Banana Split Ice Cream Social complete with all the fixings. We'll have live entertainment playing music from the 50's & 60's. This event is sponsored by Smith's Food & Drug Store.

Highland, Social Hall
Thursday, June 29
1:30 – 3:30 pm

Do you play the accordion?
Join the Accordion Group!
See page 31



Los Volcanes, Social Hall
Wednesday, March 1
10:30 am – 12:30 pm

APRIL 2017

Spring Is In The Air!

Flowers are blooming, sun is shining, open up the windows and let the fresh air in. Join us for some goodies and good times.

Los Volcanes, Social Hall
Wednesday, April 5
11:00 am – 12:00 pm

Check out the American Legion
See Page 30



MAY 2017

Cinco de Mayo

Come and join us celebrate Cinco de Mayo. A celebration of music and dance. Stay to eat, drink, and dance with us for Cinco de Mayo.

Los Volcanes,
Social Hall
Wednesday, May 3
10:30 am – 12:30 pm



Celebrating Older Americans Month

Join us as we celebrate Older Americans Month! Enjoy a dessert social and entertainment.

Los Volcanes
Wednesday, May 10
11:30 am – 1:00 pm

Patio Party: Los Volcanes is having a BBQ on the Patio

Let's have a picnic together, food, fun and entertainment.

Los Volcanes, Patio
Thursday, May 25
11:00 am – 12:30 pm



JUNE 2017

1st Day of Summer Bash

Top off America's favorite sandwich, with a piece of cheese, green chile, all the fun stuff we all enjoy. Fire up the grill and let's get the burgers cooked. For the carb conscious, eat your burgers without the buns. Watch out for delicious mouthwatering burgers..... Top of the list.....well certainly should be cheeseburgers!

Los Volcanes, Patio
Thursday, June 22
11:00 am – 12:30 pm

JANUARY 2017

Winter Wonderland

Come in and stay cozy join us for a wonderful winter luncheon. Stay warm with hot chocolate and dance to great entertainment.

Manzano Mesa, Social Hall
Tuesday, January 17
11:30 am – 12:30 pm



FEBRUARY 2017

Friends and Lovers

Let's come together to enjoy a lunch date. Sit, talk, and, laugh with a special mate.

Manzano Mesa, Social Hall
Friday, February 10
11:30 am – 12:30 pm

MARCH 2017

World Wildlife Day

Get wild about wildlife. Celebrate the world's plants and animals while raising awareness of issues that impact wildlife.

Manzano Mesa, Social Hall
Friday, March 3
11:30 am – 12:30 pm

APRIL 2017

April Showers

It may rain a little too much But the flowers will bloom a bunch. Stop in to smell the roses at our spring luncheon.

Manzano Mesa, Social Hall
Friday, April 21
11:30 am – 12:30 pm



MAY 2017

Cinco de Mayo

Feeling strong, help break a piñata and catch all the goodies. Stay to eat, drink, and dance with us for Cinco de Mayo.

Manzano Mesa, Social Hall
Friday, May 5
11:30 am – 1:00 pm



A Cup of Tea

Please join us for a special day to honor all mothers and any woman that has touched your heart and showed you love. Drink tea and share a story about your mother.

Manzano Mesa, Social Hall
Friday, May 12
1:30 – 3:00 pm

JUNE 2017

All Ties

Wear your favorite tie, bow tie, or bolo ties. Bring your world's greatest DAD's cup and fill it with some coffee, you may like it plain or may like it sweet. Stay and share a story about your father or family.

Manzano Mesa, Social Hall
Friday, June 16
9:00 – 10:30 am



Shiny Toy, Car Show Wax on, Wax off

The parking lot will be full of your special vehicle for everyone to see and then gather in the social hall for a good meal and continued conversations about the fancy cars.

Please sign up your car or cars early to save a parking spot.

Manzano Mesa, Social Hall
Thursday, June 22
9:00 am – 1:00 pm



North Domingo Baca

JANUARY 2017

Lunch & A Movie

Come join us for a nice relaxing afternoon and watch a movie and have lunch.

North Domingo Baca, Social Hall
Friday, January 20
11:00 am – 2:00 pm



FEBRUARY 2017

My Funny Valentine

Come and have a great meal and listen to some Frank Sinatra, Bing Crosby, Dean Martin and many more.

North Domingo Baca Social Hall
Tuesday, February 14
6:00 – 8:00 pm



MARCH 2017

St. Patrick's Day Dinner

Wear all your green and enjoy a good Irish meal!

North Domingo Baca Social Hall
Friday, March 17
6:00 – 8:00 pm

APRIL 2017

Italian Night II

Join us as we indulge in the Italian Food and Opera music. We will introduce you to their culture and food and more.

North Domingo Baca, Social Hall
Friday, April 14
6:00 – 8:00 pm

MAY 2017

Cinco de Mayo Night

Come join us as we celebrate Cinco de Mayo the North Domingo Baca way.

North Domingo Baca Social Hall
Friday, May 5
6:00 – 8:00 pm



JUNE 2017

Father's Day Jam Session on the Patio

Come listen to some Jazz music and help us honor our Dad's.

North Domingo Baca, Social Hall
Friday, June 16
6:00 – 8:00 pm

North Valley

JANUARY 2017

Chinese New Year's Eve Year of the Chicken

Come and join us celebrate the entrance of the New Chinese New Year. Chinese New Year is a holiday in which people honor household and heavenly deities, as well as their ancestors. More modern generations also see the holiday as a time for family to celebrate and come together.

North Valley, Social Hall
Friday, January 27
11:00 am – 12:30 pm



FEBRUARY 2017

Dine with your Valentine

Enjoy a delightful evening with your sweetheart.

North Valley, Social Hall
Tuesday, February 14, 4:00 – 7:00 pm
\$7.50/person

Mardi Gras Masquerade

There is no party better than a Mardi Gras Party. Come and join us for an exciting day.

North Valley, Social Hall
Tuesday, February 28
10:30 am – 12:30 pm



MARCH 2017

St. Patrick's Day

Wear your green and don't get pinched! Join us for traditional corned beef and cabbage, boiled potatoes and all the fixins. Reservation required.

North Valley, Social Hall
Friday March 17, 11:30 am – 1:00 pm

Annual Volunteer Recognition Brunch

To all those who have generously given their time and effort in volunteering at North Valley Senior Center we would like to honor you with a brunch to say "Thank You". Please RSVP by: March 13

North Valley, Social Hall
Thursday, March 23
9:30 am – 10:30 am

APRIL 2017

18th Annual Festival International

Experience different cultures through a variety of performances from around the world.

North Valley, Social Hall
Friday, April 21,
9:00 am – 1:30 pm



MAY 2017

North Valley's Annual Cinco de Mayo Celebration

Come celebrate Cinco de Mayo! A celebration of music and dance.

North Valley, Social Hall
Friday, May 5, 10:30 am – 12:30 pm

It's Amore Dinner Dance

Join us for a taste of Italy! Enjoy delicious Italian dinner and a night of dancing.

North Valley, Social Hall
Tuesday, May 16, 4:00 – 7:00 pm
\$7.50/person

Older American Month Ice Cream Social

Please join us for refreshments, music and fun times, celebrating Older Americans Month.

North Valley, Social Hall
Thursday, May 25, 10:30 am – 12:30 pm

JUNE 2017

Summer Time Tea Party

Summer time is the best time to enjoy some tea with friends. Wear your best hat and join us for delicious treats, pastries and tea. Please RSVP by June 12

North Valley, Room 1, 2
Friday, June 16, 10:00 – 11:30 am

Hot Days of Summer

Come and relax and cool down on this hot summer day with a cookout on the patio while you listen to some great entertainment.

North Valley, Social Hall
Friday, June 30, 11:00 am – 12:30 pm



Palo Duro

Movies at Palo Duro

Join us for a movie and some goodies. Watch a variety of movies let us know what you want to see!

1st and 3rd Thursday
1:30 – 4:00 pm
Free

JANUARY 2017

Let's Have a Tea Party!

Wear your favorite hat and bring your favorite tea cup! Great entertainment!

Palo Duro, Mesquite
Thursday, January 12
10:00 – 11:00 am

FEBRUARY 2017

Queen of Hearts Valentine Luncheon

Bring your special someone and enjoy this heart filled luncheon. Food and music Ticket Required.

Palo Duro, Mesquite
Thursday, February 9, 11:30 am
Lunch served
\$4

MARCH 2017



Luck of the Irish Luncheon

Let's celebrate St. Paddy's Day with some great music and delicious standard Irish fare. Ticket Required.

Palo Duro, Mesquite
Thursday, March 9, 11:30 am
Lunch served \$4

APRIL 2017

Bunny Bash Luncheon

Join us for a hoppity good time, great entertainment and a traditional Easter Meal. Ticket Required.

Palo Duro, Mesquite
Thursday, April 13, 11:30 am
Lunch served \$4

MAY 2017

70's Fever at Palo Duro!

Flash back to the past with us and wear your favorite 70's outfit, prizes for best costume! Ticket Required.

Palo Duro, Mesquite
Thursday, May 11, 11:30 am
Lunch served.
\$4

Celebrating Older Americans Month

Joins us as we celebrate Older American's Month with a Pie A La Mode Social!

Palo Duro, Mesquite
Thursday, May 25
11:30 am – 12:30 pm





Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments.

Barelas, Social Hall

Tuesday, 1:15 - 3:45 pm

Bear Canyon, Social Hall

Wednesday, 1:30 - 4:00 pm

Highland, Social Hall

Monday, 1:15 - 3:30 pm

Los Volcanes, Social Hall

Friday, 1:30 - 4:00 pm

Manzano Mesa, Social Hall

Thursday, 1:30 - 4:30 pm

North Valley,

Social Hall

Wednesday,

1:30 - 4:00 pm

Palo Duro,

Mesquite

Tuesday, 1:15 - 4:00 pm



Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Billiards Room

Monday - Friday, 8:00 am - 4:45 pm

Bear Canyon, Pool Room

Monday - Friday 8:00 am - 4:45 pm

Saturday, 9:00 am - 2:45 pm



Highland, Billiards Room

Monday - Friday, 8:00 am - 4:30 pm

Saturday, 10:00 am - 3:45 pm

Los Volcanes, Billiards

Monday - Friday, 8:00 am - 4:30 pm

Thursday, 8:00 am - 6:30 pm

Saturday, 9:00 am - 12:30 pm

Manzano Mesa, Game Room

Monday - Friday, 9:00 am - 8:45 pm

Saturday, 9:00 am - 2:45 pm

North Valley, Billiards Room

Monday - Friday

8:00 am - 4:45 pm

Sunday, 12:30 - 4:45 pm

Palo Duro, Billiards Room

Monday - Friday, 8:00 am - 4:45 pm

Saturday, 9:00 am - 1:00 pm



Board Games and Puzzles

Play board games, cards, checkers, chess or Loteria (Spanish Bingo), or put together a jigsaw puzzle. Games available to be checked out at front desk.

Barelas, Lobby

Monday - Friday, 8:00 am - 5:00 pm

Los Volcanes, Lobby

Monday-Friday, 8:00 am - 4:30 pm

Thursday, 8:00 am - 6:30 pm

Saturday, 9:00 am - 12:30 pm

North Valley, Lobby

Monday - Friday, 8:00 am - 4:50 pm

Sunday, 12:30 pm - 4:50 pm

Bridge

Offered throughout the week, most games require you to have your own foursome.

Bear Canyon, Room 3

Wednesday, 12:30 - 3:30 pm

Thursday, 8:30 - 11:30 am



Los Volcanes, Room 10

Friday, 12:30 - 3:30 pm

Manzano Mesa,

Sitting Room

1st, 3rd Friday

10:00 am - 2:30 pm



Bridge, Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game or call 881-9725 to locate a possible partner.

Palo Duro, Cottonwood

Monday, Friday, 12:15 - 4:00 pm

Bridge, Senior Men's

Palo Duro, Half Mesquite

1st Thursday, 12:30 - 4:30 pm

Canasta Hand & Foot

Bear Canyon, Room 4

Monday, 12:00 - 4:30 pm

Thursday, 12:30 - 4:30 pm

Canasta

North Domingo Baca

Saturday, 11:30 am - 2:45 pm

Hearts/Spades

North Domingo Baca

Tuesday, 9:00 am - 12:00 pm

Mah Jongg

North Domingo Baca

Friday, 12:00 - 4:00 pm

Chess for Fun

Is a two-player board game played on a chessboard; a checkered game board with 64 squares arranged in an eight-by-eight grid. Each player begins the game with 16 pieces. Learn the basics, or the moves of the masters. All levels welcome.

Bear Canyon, Room 2

Monday, 11:30 am - 2:30 pm

Wednesday, 1:30 - 4:30 pm

Friday, 12:15 - 4:30 pm (Room 3)

Highland, Room 3

Wednesday, 1:00 - 3:00 pm

Los Volcanes, Room 10

Saturday, 9:00 am - 12:00 pm

Manzano Mesa, Room 3

Friday, 6:00 - 8:00 pm

Cribbage

Bear Canyon, Lobby
Monday, 9:00 am – 12:00 pm
Thursday, 9:30 – 11:30 am (Room 4)
Palo Duro, Half of Mesquite
Friday, 1:00 – 3:00 pm

Euchre

A trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

Los Volcanes, Room 1
Tuesday, 12:30 – 4:30 pm

Jigsaw Puzzle

North Valley
Monday – Friday
8:00 – 4:50 pm
Sunday
12:30 – 4:50 pm



Mah Jongg

Mah Jongg is a game that originated in China during the Qing dynasty. It is commonly played by 4 players. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Played with 144 tiles that are drawn and discarded until a player gets a winning hand.

Bear Canyon, Room 4
Monday
12:00 – 4:30 pm
Highland, Room 3
Friday
1:00 – 3:00 pm
Los Volcanes, Room 10
Thursday, 12:00 – 4:15 pm



Mexican Train

Is a game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or “trains”, emanating from a central hub or “station”.

Highland, Room 5
Monday, Wednesday
12:30 – 4:00 pm
Los Volcanes, Room 10
Tuesday, 12:00 – 3:00 pm



Game Time!

Come play a new game or an old favorite such as Scrabble, Uno, Apples to Apples, Rummy-O, Parcheesi, Backgammon or bring one of your own!

Palo Duro, Aspen
Wednesday, 12:00 – 4:15 pm



Pinochle

Pinochle is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.

Bear Canyon, Lobby
Tuesday, 9:30 – 11:30 am
Bear Canyon, Room 4
Tuesday, 12:30 – 4:45 pm
Highland, Room 3
Tuesday, Thursday, 12:00 – 4:00 pm
Los Volcanes, Social Hall
Wednesday, 12:30 – 4:00 pm
Manzano Mesa, Room 4
Wednesday, 1:00 – 4:00 pm



Ping Pong

Manzano Mesa
Monday – Friday, 8:00 am – 9:00 pm
Saturday, 9:00 am – 3:00 pm

Poker

Bear Canyon, Billards Room
Monday – Friday, 12:00 – 3:15 pm
Los Volcanes, Room 9
Tuesday, Wednesday & Friday,
12:30 – 4:30 pm
North Valley, Library
Mon., Wed., Fri., 12:00 – 4:00 pm

Rummikub

Los Volcanes, Lobby
Monday, 12:00 – 3:30 pm

Shanghai Rummy

A Rummy card game, based on gin rummy and a variation of Contract rummy played by 3 to 8 players. It is also known as California rummy.

Bear Canyon, Lobby
Tuesday, 12:00 – 4:00 pm
Bear Canyon, Room 1
Thursday, 12:30 – 4:00 pm
Highland, Room 5
Friday, 12:30 – 4:30 pm

Huachas

Huachas is a game, similar to horseshoes, that involves teams of players that take turns tossing washers towards a box or hole. The game may also be called washer pitching, washer toss, washers or washoes.



Bear Canyon, outside at park
1st, 3rd, 4th Friday, 10:00 – 11:00 am

Acting

Highland Readers Theater

Highland, Room 7
Tuesday, 3:15 – 5:00 pm

Rio Grande Players

This group welcomes seniors with an interest in theatre, no



experience needed. Participate on and offstage.

Palo Duro, Aspen
Tuesday, 2:15 – 4:30 pm

Arts and Crafts

A Gathering of Artists

Also known as “Artist Series” started by Ralph Lewis this group of artist will pres-

ent and gently critique art pieces in any medium. Artists of all levels are welcome.

Highland, Room 8
Monday, 9:30 – 11:30 am

Amateur Telescope Making

Making your own telescope.

Manzano Mesa, Room 3
1st, 3rd, Wednesday, 7:00 – 9:00 pm
Instructor: Mike

Applique East Quilters

North Domingo Baca
4th Tuesday, 9:45 am – 12:00 pm

Embroider's Guild of America (Sandia Mountain Chapter)

North Domingo Baca
2nd Tuesday, 8:00 am – 1:30 pm

Embroider's Guild Beading

North Domingo Baca
4th Tuesday, 10:00 am – 12:00 pm

Knitting Guild

North Domingo Baca
1st Saturday, 12:00 – 2:00 pm

NM Polymer Clay

North Domingo Baca
2nd Saturday, 12:00 – 3:00 pm

Origami Club

North Valley, Library
1st Sunday, 1:00 – 3:30 pm

Off Beat Artists

We are a group of self-directed artists who work primarily in drawing and painting mediums. The objective of our group is to work and share our creative experiences in an atmosphere of camaraderie. There are no instructions provided, but we share gentle critiques with one another if requested. Participants provide their own materials and work at their own pace. If interested, please come by and meet us, or just come ready to work and see if we are a good fit for you!



Barelas, Lead/Coal
Monday, 11:00 am – 3:30 pm

Quilting Cluster

North Domingo Baca
Friday, 10:00 am – 4:00 pm



Automobile/Trains/RV

Corvairs of New Mexico

North Domingo Baca
1st Wednesday, 7:00 – 8:30 pm

Highland Corvair Meeting

Highland, Room 3
3rd Wednesday, 5:00 – 6:00 pm

New Mexico Corvette Associates



North Domingo Baca
3rd Friday, 6:30 – 7:30 pm

Rio Grande Division 6 Railroad

North Domingo Baca
2nd Saturday, 12:00 – 3:00 pm

Bible Study

Bible: Community Study



Los Volcanes, Room 2
Tuesday, 9:15 - 11:15 am

Bible: Discussion Group

Manzano Mesa, Room 4
Thursday, 10:00 – 11:00 am

Bible: Study

North Domingo Baca
Wednesday, 9:00 – 10:00 am

Bible: Women's Discussion

Manzano Mesa, Room 5
Tuesday, 10:30 am – 12:30 pm

Book and Discussion

Albuquerque Cyberscribes Writing Group

North Domingo Baca
6:30 – 8:45 pm

Albuquerque Exploring Faith

North Domingo Baca
2nd, 4th Monday, 6:30 – 8:30 pm

Brain, Mind and Conciousness

North Domingo Baca
3rd Tuesday, 6:00 – 8:30 pm

Classic & Great Books Discussion Group

Bear Canyon, Room 2
2nd, 4th Friday, 1:00 – 3:00 pm

Inquiring Minds

All members take turns researching topics and present them to the class for discussion and further study, if desired.

Bear Canyon, Room 2
Monday, 10:00 – 11:00 am

Land of Enchantment Romance Authors

North Domingo Baca
2nd Saturday, 11:30 am – 2:45 pm

Libros

Manzano Mesa, Social Hall
1st Saturday, 9:00 am – 12:00 pm

Lovely Spousal Unit

North Domingo Baca
2nd Friday, 6:00 – 8:45 pm

Meeting of the Mind

North Domingo Baca
4th Tuesday
6:45 – 8:45 pm

Take those
dancing shoes
out of the
closet and join
us for a fun
time dancing
to your favorite
tunes!

LIVE MUSIC!!

Call your center for dates and times.



Mystery Book Club

All the books that we read are available at the public library. Everyone is welcome so please join us!

Palo Duro, Ponderosa
2nd Tuesday
1:30 – 2:30 pm
Facilitator: Rankin



Mystery Mavens Book Club

North Domingo Baca
2nd Wednesday, 7:00 – 8:00 pm

NM State Poetry Society, (Albuquerque Chapter)

North Domingo Baca
2nd Saturday, 12:30 – 2:30 pm

Novel Book Club

Highland, Room 8
2nd Saturday, 2:30 – 4:00 pm

Open Topic Discussion Group

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

Palo Duro, Aspen
Thursday, 1:00 – 3:00 pm
Facilitator: Gustafson

Philosophy Discussion

1st Monday,
7:00 – 8:45 pm



Poetry Critique Group

North Domingo Baca
Wednesday, 10:00 am – 12:00 pm

Romance Readers Book Club

North Domingo Baca
1st Tuesday, 6:30 – 7:30 pm

Society of Children's Book Writers and Illustrators (SCBWI)

North Domingo Baca
2nd Tuesday, 7:00 – 8:30 pm

TGIF Poetry Group

Bear Canyon, Room 2
1st, 3rd Friday, 1:00 – 3:00 pm

Community Groups

Albuquerque Roadrunners Club

North Domingo Baca
1st Wednesday, 7:00 – 8:00 pm

American Legion Post #10763

Bear Canyon, Room 1
1st Thursday, 8:30 - 9:45 am

APS Transition Services

North Domingo Baca
Tuesday, 8:00 – 11:00 am

Bead Society of NM General Meeting

North Domingo Baca
4th Monday, 6:30 – 8:30 pm

Canasta 60+ Singles Meet Up

North Domingo Baca
Monday, 6:30 – 8:30 pm

Chaplain Monthly Meeting

North Domingo Baca
1st Thursday, 6:00 – 8:00 pm

Chinese American Speaker Series

North Domingo Baca
4th Saturday
10:00 am – 12:00 pm

Enchanted Lens Camera Club

N. Domingo Baca
4th Tuesday
6:30 – 8:30 pm



Gray Panthers

Gray Panthers brings together young, old, women, men persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice. The meetings have guest speakers speaking on current local and national issues.

Highland, Room 7
4th Saturday, 1:00 – 3:00 pm

Highland Senior LGBT Monthly Meeting



This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

Highland, Room 7
2nd Thursday, 2:00 – 4:00 pm

Home School Chess Club

North Domingo Baca
Tuesday, 1:30 – 4:00 pm

Invisible Stitches Support Group

North Domingo Baca
1st, 3rd Monday, 12:00 – 3:00 pm

Kiwanis

North Domingo Baca
Monday (Bi-Weekly), 6:00 – 8:00 pm

Kiwanis Club of Coronado



North Domingo Baca
3rd Tuesday, 5:15 – 7:30 pm

Laughter Group

North Domingo Baca
Wednesday, 10:15 – 11:00 am

Northeast Area Community Policing Council

North Domingo Baca
2nd Tuesday, 6:00 – 8:30 pm

Palo Duro Philatelic Society

Join us for mixtures, auctions and door prizes.

Palo Duro, Ponderosa
Monday, 11:15 am – 2:45 pm
Facilitator: Bertrand

Red Hat Sisters

Manzano Mesa, East Social hall
3rd Thursday, 10:00 – 11:00 am

Red Hat Society

Join your senior sisters across the nation and the world, and greet middle-age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.



Palo Duro, Aspen
1st Saturday
11:00 am – 12:30 pm

Social Singles Meeting

Bear Canyon, Room 1 or 4
1st Tuesday, 11:30 am – 1:30 pm
3rd Friday, 3:00 – 4:45 pm

Sociable Singles Social

Bear Canyon, Room 5
4th Thursday, 3:00 – 5:30 pm

The City of Albuquerque Americans with Disabilities Advisory Council (ADA Advisory Council)

The mission of the ADA Advisory Council is to support the civil rights of, and full integration into, Albuquerque community life for all people with disabilities. The ADA Advisory Council meets.

North Valley, Room 3
1st Tuesday, 5:30 – 7:00 pm

Words of Peace Global Presentation

North Domingo Baca
3rd Saturday, 12:00 – 2:30 pm



Xi Delta Sorority

North Domingo Baca, 3rd Tuesday,
7:00 – 8:45 pm

Family

Genealogy

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.

Bear Canyon, Room 4
3rd Friday, 12:30 – 2:30 pm

Reclaiming Families

Manzano Mesa, Room 5
Tuesday, 6:00 – 7:30 pm



Language Club

Italian Club

North Domingo Baca
1st Thursday, 6:30 – 8:30 pm

Japanese Play Group

North Domingo Baca
Bi-weekly Wednesday,
11:30 am – 3:00 pm

Russian Language Group

North Domingo Baca
Saturday, 9:00 – 10:15 am

Music

Accordion Group

Group open to
accordion players of any level.



Bear Canyon, Room 3
2nd, 4th Thursday, 7:00 – 9:00 pm
Palo Duro, Aspen
Friday, 9:00 am – 12:00 pm
3rd Saturday, 10:00 am – 12:00 pm
Facilitator: Hendley

Albuquerque Recorder Orchestra

Palo Duro, Piñon
Saturday, 10:00 – 11:30 am
Facilitator: Hale/Shaw

Beartones

This is a four part (soprano, alto, tenor and bass) singing group. Ability to read music is a plus.

Bear Canyon, Room 1
Thursday, 10:00 am – 12:00 pm

Choralaires

No musical training is required. Group also performs at community venues.



Palo Duro, Cottonwood
Monday, 9:00 – 11:00 am

Highland Harmonizers

Highland, Room 7
Wednesday, 10:00 am – 12:00 pm

Hi-Toners

Highland, Room 7
1st, 2nd, 3rd Friday
10:30 am – 12:00 pm

Jug Band Practice

Palo Duro, Juniper
Monday, 11:30 am – 1:00 pm
Facilitator: Homer

Los Amigos Band Practice

Practicing Rancheras and New Mexican music.

North Valley, Room 1, 2
Tuesday, 1:00 – 2:30 pm



Mariachi Group Practice

Barelas, Lead, Coal
Thursday, 3:45 – 4:45 pm

Piano: Workshop, Beginning/Intermediate

Bear Canyon, Room 2
Friday, 9:00 – 10:30 am



Piano: Workshop, Intermediate

Bear Canyon, Room 2
Thursday, 11:00 am – 12:00 pm

Roadrunner Strummers

Peace, fun and harmony with the ukulele. New members welcomed.



Highland, Room 8
Saturday, 10:00 am – 12:30 pm

Sing-A-Long

Manzano Mesa, Room 4
Tuesday, 1:00 – 2:30 pm

Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

Bear Canyon, Room 1
Friday, 8:00 – 10:00 am



Neighborhood Association

Colonial Park Association

Palo Duro, Piñon
Wednesday, January 18, March 8,
May 17, 5:45 – 6:30 pm

District 4 Coalition

North Domingo Baca
3rd Wednesday, 7:00 – 8:45 pm

Heritage East Association of Residents

North Domingo Baca
3rd Monday, 6:30 – 8:00 pm

Heritage Hills Neighborhood Association

North Domingo Baca
3rd Tuesday, 6:30 – 8:30 pm

Near North Valley Neighborhood Association

North Valley, Social Hall
TBA

Noreste Neighborhood Association

North Domingo Baca
1st Tuesday, TBA

Prospectors Point Association

Bear Canyon, Room 1
3rd Thursday, 6:30 – 8:30 pm

Vineyard Estates Neighborhood Association

North Domingo Baca
4th Thursday, 7:00 – 8:15 pm

Other Groups of Interest

Albuquerque Congress of Real Estate (A.C.R.E)

North Domingo Baca
1st Thursday, 6:00 – 8:45 pm

Albuquerque Historic Aviation Society

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

Bear Canyon, Room 3
1st Thursday, 7:00 – 9:00 pm

Albuquerque Tea Party

North Domingo Baca
Last Thursday, 6:45 – 8:30 pm

Duke City Flyers

North Domingo Baca
2nd Thursday, 6:00 – 8:00 pm

NM Solar Energy Board Meeting

North Domingo Baca
3rd Tuesday, 5:30 – 8:00 pm

Rock Mountain Flying Machine

North Domingo Baca
1st Tuesday, 7:00 – 8:45 pm

Soroptimist International

North Domingo Baca
1st Monday, 5:45 – 7:30 pm

T.O.P.S. Take Off Pounds Sensibly

Bear Canyon, Room 4
Thursday, 8:00 – 9:15 am
Manzano Mesa, Room 4
Friday, 10:00 am – 12:00 pm
North Domingo Baca
Tuesday, 10:00 am – 12:00 pm
Palo Duro, Aspen
Monday, 11:45 am – 1:00 pm
Facilitator: St. Aubin



USA Track Field of NM

North Domingo Baca
1st Thursday, 6:45 – 8:45 pm

Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors



Bear Canyon, Room 5
2nd Saturday, 12:00 – 3:00 pm

Senior Issues

NARFE Chapter 80

The National Active and Retired Federal Employees Association members meet to help preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses.

Palo Duro, Mesquite Room
1st Saturday, 11:00 am – 12:45 pm

Retired Physicians Group

Palo Duro, Ponderosa
Monday, 2:45 – 4:30 pm
Facilitator: Dr. Castillo

Special Interest

Albuquerque Fibromyalgia Support Group

North Domingo Baca
1st Tuesday, 1:00 – 3:00 pm

Albuquerque Gluten Intolerance Support Group

North Domingo Baca
4th Saturday, 12:00 – 2:30 pm

ALZ Association Support Group

North Domingo Baca
1st Tuesday, 4:00 – 6:00 pm

Dutch-Speaking Group

Bear Canyon, Lobby
Friday, 10:00 – 11:30 am

Multiple Sclerosis

North Domingo Baca
3rd Thursday, 1:00 – 2:30 pm

Invest in Debt

Manzano Mesa, Room 5
2nd Wednesday, 6:00 – 9:00 pm

Investment Club

Club follows the NAIC program

Palo Duro, Computer Lab
3rd Wednesday, 10:00 am – 12:00 pm

Kirkland New Horizon Toastmaster

Manzano Mesa, Room 5
1st, 3rd Friday, 12:00 – 1:15 pm

Society of Creative Anachronism

Manzano Mesa, Room 4
3rd Tuesday, 6:00 – 9:00 pm

Speak with Distinction Toastmasters

Manzano Mesa, Room 4
Thursday, 5:30 – 6:30 pm



Support Groups

Deaf Seniors Citizens of Greater Albuquerque

Palo Duro, Cottonwood
Thursday, 8:30 am – 12:00 pm
Facilitator: Seth, Johnson

Essential Tremors Support Group

Come in for support, information, sharing of coping skills, understanding, comradeship and even laughter!!

Palo Duro, Ponderosa
3rd Saturday, 10:00 am – 12:00 pm

Grief Support Group

Bear Canyon, Room 2
Monday, 3:00 – 4:30 pm

Prostate Cancer Support Group

Bear Canyon, Room 3
1st, 3rd Saturday, 12:30 – 3:00 pm

Cherokee SW Township

Bear Canyon, Room 2
1st Thursday, 9:00 – 10:45 am
Bear Canyon, Rooms 3, 4
2nd Saturday, 11:30 am – 2:30 pm

Cherokees of NM

Manzano Mesa, Room 5
3rd Saturday, 12:00 – 3:00 pm

Travel Clubs

Albuquerque Travel Partners

We bring together lively seniors to discuss potential travel ideas.

Palo Duro, Piñon
2nd, 4th Tuesday
1:00 – 3:00 pm

Siglo de Oro RV Club

Bear Canyon, Social Hall
3rd Tuesday
10:00 – 11:00 am



Writing

TGIF Poetry Group

Bear Canyon, Room 2
1st, 3rd Friday
1:00 – 3:00 pm



Voices of the Valley Poetry Group

"Voices of the Valley" poetry group is about poets getting together to read, write and discuss poetry of all genres. (Limit 8 in a group).

North Valley, Computer Lab
2nd, 4th Friday
1:00 – 3:30 pm

Writing about our Lives

In this memoir class we will help each other write our stories by writing, reading aloud and revising. We can write for our children and grandchildren, ourselves and our community. We will experience a sense of accomplishment,

enhance our mental alertness and make friends. It is never too late for personal growth.



Highland, Room 7
Friday, 1:30 – 3:00 pm
Facilitator: Joanne

Writing Group

North Domingo Baca
Bi-Weekly Wednesday, 2:30 – 4:45 pm

Outdoor Sports

50+ Senior Softball League Meeting

Highland, Room 2
2nd Friday, 9:30 – 11:00 am

Fisherman's Club

Fisherman and Fisherwomen meet every week to decide where the group will go fishing.

Bear Canyon, Multipurpose
Every other Monday, 1:00 – 2:00 pm

North Valley, Library
Meetings:
Monday, 11:00 am – 12:00 pm
Trips:
Tuesday, 6:00 am – 5:00 pm
5¢ per mile
Facilitator: Paul Nunez



Los Volcanes Garden Club

3rd Wednesday, 9:30 – 10:30 am

Rock Hound Club

Palo Duro, Aspen
Meetings:
1st, 3rd Thursday, 12:00 – 1:00 pm
Trips:
2nd, 4th Thursday, 8:15 am – 4:30 pm
Transportation
Facilitator: Harris



Prior Sign-up is required to attend presentations. Call appropriate center to register.

Financial

Estate Planning is Easy, Right?

Join us for some insights into what everyone needs to have in place to deal with life's un-pleasantries: Death, Incapacity and Taxes. Sometimes what appears to be "easy" can have some bad unintended consequences.

Bear Canyon, Room 5
Wednesday, February 8
10:00 – 11:00 am
Presenter: Morris Hall's Leslie Thompson, Attorney at Law

Reverse Mortgage

Attend an informational discussion about Reverse Mortgages. Often misunderstood, Reverse Mortgages can be highly beneficial for those who wish to utilize their largest asset, their home equity. Recent government changes and protections advanced the program to further benefit senior homeowners and their families. Leading Economists agree that the program will be a major resource of funds for aging Americans as the current Social Programs fail to keep up with rising healthcare costs and inflation. Your financial health and quality of life may take a huge leap forward.

Bear Canyon, Room 5
Wednesday, January 18
10:00 - 11:00 am
Los Volcanes, Room 1
Wednesday, January 18
9:30 – 11:00 am
Manzano Mesa, Room 4
Tuesday, January 17
Tuesday, April 18
9:00 – 10:00 am
North Valley, Room 4
Wednesday, January 11
9:30 – 10:30 am
Presenter: Amanda

Health Awareness and Prevention



Acupuncture

Have you ever been curious about acupuncture, or wondered if it could increase your overall feelings of well-being? Acupuncture is part of Chinese Medicine, an ancient and complete system of healing, capable of naturally and successfully diagnosing and treating pain, stress, and many other common chronic diseases. Join us for an informative discussion on the benefits of Chinese Medicine, including acupuncture and herbs, and learn how it might help you specifically!



Los Volcanes, Room 1
TBA
Presenter: TBA

Alzheimer's Disease and Related Dementias

The one hour presentation will provide an overview of statewide and national statistics regarding Alzheimer's disease and related dementias, information about the core programs provided by the New Mexico chapter of the Alzheimer's Association, descriptions of the disease process and different stages of Alzheimer's as well as addressing difficult behaviors, differentiating dementia from normal age-related memory changes, warning signs, and known risk factors.

Barelas, Lead/Coal
Tuesday, June 20
10:00 – 11:00 am
Presenter: Alzheimer's Association of New Mexico

Ask a Dentist?

Come ask any questions you have for a local dentist from Sunshine Dental, the Doctor will also provide some giveaways.

Palo Duro, Aspen
Wednesday, April 5
9:30 – 10:30 am
Presenter: Sunshine Dental



Brain Fitness

If you don't use it you lose it! There's a lot you can do to help keep your brain in shape and it might be easier than you expect! This presentation discusses ways to sharpen your brain. Great for all ages!



North Valley, Room 4
Thursday, April 27
10:00 – 11:00 am

Caregivers Stress

The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or you're in over your head. If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout.

North Valley, Room 4
Thursday, May 11
10:00 – 11:00 am

Concern About Macular Degeneration

Come to a free talk to learn about Macular Degeneration. What exactly is it? What should you do? Or not do? What treatments are available? Get answers to all your questions with a New Mexico local expert, Dr. Susan Turner. Please sign up at the front desk.

Highland, Room 8
Wednesday, May 24
9:00 – 11:00 am
Presenter: Dr. Susan Turner

**Learn how to
use your
computer!**
See Pages 14-17



Diabetes Management

There are certain Essential oils that help manage Diabetes. We will discuss oils that effect blood sugar, oils to help with stress relief and the cor

Los Volcanes, Room 1
TBA

Presenter: Blue Cross/Blue Shield



Essential Oils Series

For thousands of years, the natural aromatic compounds of plants that are essential oils, have provided simple health solutions. Today, you can trust the power of plants to enhance physical, mental, and emotional health with Essential Oils.



Los Volcanes, Room 4
Thursday,
6:00 – 6:45 pm
Presenter: Barbara

Hearing Loss: Clinic

Free complete hearing evaluation at hearing aid clinic.

Palo Duro, Ponderosa
Thursday, June 1
10:00 – 11:00 am
Presenter: Amber, Connect Hearing



Hearing Loss: Hearing Aids Myths and Facts

Come learn about types of hearing loss, hearing aids, consequences and implications on not treating hearing loss.

Palo Duro, Ponderosa
Thursday, February 9
10:00 – 11:00 am
Presenter: Amber, Connect Hearing

Heart Failure

Heart Failure is a disease of aging and is becoming more common each day. The heart is a pump and it becomes weaker over time. It cannot pump the fluids in our body as it did when we were young. Heart Failure is a disease that is manageable at home.



Join us for a discussion on ways to keep your heart healthy at home given the limitations that occur with aging.

Barelas, Lead/Coal
Tuesday, February 28
10:00 – 11:00 am
Bear Canyon, Room 5
Wednesday, February 15, May 10
10:00 am – 12:00 pm
North Valley, Room 3
Thursday, February 16
10:00 – 11:00 am
Palo Duro, Ponderosa
Thursday, April 20
10:00 – 11:00 am
Presenter: Cynthia G Balazs MS ACNS-BC

HOW TO STAY OUT OF THE DOCTOR'S OFFICE

Doctor King's Health Improvement Program

End PAIN and ADD years to your life at ANY age. The Standard American Diet (SAD) has guaranteed that every human who was raised in the USA is literally loaded with toxins – in our blood, bones and organs. These toxins are the culprits that give us premature cardiac disease, strokes, cancer, diabetes, arthritis – you name it. Mankind was designed to live 120 years and more. So, why aren't we seeing that today? Well, we are. In the high Himalayas of northern Pakistan live the Hunza people who regularly live to 120. How do they do it? They don't eat the way Americans and western Europeans do. Their diet is rich in foods that keep their bodies free of the toxins that are killing us. Come and learn how to eliminate pain and add years to your life.

Los Volcanes, Social Hall
2nd Wednesday
10:00 – 11:00 am
North Valley, Room 4
Wednesday, April 5, 12, 19, 26
10:00 – 11:00 am
Presenter: Dr. R. Barry King, PhD

Do you like board games? See Page 27



Know the 10 Signs Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. A free presentation given by Don Pinnock, JD & the Alzheimer's Association, New Mexico Chapter.

Highland, Room 8
Wednesday, January 11
9:00 – 11:00 am
Presenter: Tina de la Luz, Program Case Manager with the Alzheimer's Association New Mexico Chapter

Fall Prevention Workshop

New Mexico has one of the highest rates of falls among the elderly. Find out ways to prevent falls through making your home safe, to learning some simple exercises for seniors. Please sign up at the front desk.

Highland, Room 8
Wednesday, February 15th
9:00 – 11:00 am

Project Heart Start

The goal of Project Heart Start is to teach the public compression only CPR and what to do in an emergency.

North Domingo Baca
Date TBA
Time TBA



FIND A
CENTER
NEAR YOU!

See Pages 3 - 5



Albuquerque Find your essence

Edward Gonzales
Portrait of Patrocinio Barela, ca. 1981, acrylic on canvas



Cultural and Community Events

Discover what makes Albuquerque such a fun city for visitors and residents alike. Parades, dance, films, concerts, theatre, fairs, street festivals and more.

Albuquerque Museum

The Albuquerque Museum celebrates the rich culture of art, history and people through local, regional, national and international exhibitions. Bringing the world to Albuquerque, and Albuquerque to the world.

Anderson-Abruzzo Albuquerque International Balloon Museum

The Balloon Museum houses the complete history of lighter-than-air flight and is Albuquerque's premier air and space museum. Look for The Weather Lab in 2017.

ABQ BioPark • BUGarium

A unique world-class institution, the ABQ BioPark includes the Aquarium, Tingley Beach, Zoo and Botanic Garden, including the newly opened *BUGarium*, featuring interactive exhibits of insect species from around the world.

Albuquerque Museum

Celebrating 50 Years 1967 – 2017

Albuquerque Museum will be sharing stories of its history and its people throughout 2017 with special events and programs. A social media campaign will present 50 Years in 50 Weeks, a year-by-year snapshot of important people, events and exhibitions.

www.cabq.gov/museum

aM

ALBUQUERQUE MUSEUM



Balloon Museum

Arctic Air: The Bold Flight of S.A. Andrée

Arctic Air is a new exhibit that tells the dramatic story of a first-ever attempt to reach the North Pole by balloon. The 1897 expedition used the best and most innovative technology of the time, and was intended to achieve the goal eluded by all other expeditions. Journals of the three crew members, as well as photographs taken on

the journey, tell a detailed story of this all-but-forgotten chapter of the Age of Exploration.

Special Events

Summertime in Old Town Music Series

Historic Old Town Plaza Gazebo
Fridays & Saturdays from 7 - 9 p.m.,
Sundays from 1 - 3 p.m.
May-September

Old Town's Fiestas de Albuquerque

Historic Old Town Plaza
Saturday, April 8, 2017
Noon - 5 p.m.

Albuquerque Renaissance Faire



Albuquerque Public Art Program

With over 800 works of art in the city's collection, there's something for everybody to enjoy throughout the city! Discover them all.



the Public Library ABQ-Bernco

The Public Library offers free and open spaces that serve as gateways to connect, develop opportunities, gain knowledge and grow. With 18 locations providing innovative library services, collections, cultural programs and technologies, we are at the heart of our neighborhoods and community.



KiMo Theatre

Built in 1927 by Oreste Bachechi as a place to showcase movies and vaudeville acts. Today the KiMo contributes to the vibrant nightlife of Downtown Albuquerque by offering classic and contemporary films, live music, ballet, opera and much more. The KiMo Theatre is known worldwide for its unique pueblo-deco architecture.



ABQ BioPark • Zoo

From elephants to eels and blossoms to boats, the ABQ BioPark Zoo, Aquarium, Botanic Garden and Tingley Beach are naturally amazing.

Balloon Museum
Saturday, April 29, 2017
11 a.m. - 5 p.m.

Local Band Showcase
Civic Plaza
Saturday, May 13, 2017



Heights Summerfest
North Domingo Baca Park
Saturday, June 10, 2017
5 - 10:30 p.m.

Shakespeare on the Plaza
Civic Plaza
Various shows June 9 - July 2, 2017 8 p.m.

ABQ BioPark

The BioPark is undergoing an exciting transformation with new habitats for tigers and jaguars now open, while a River Otter exhibit at the Aquarium and the Penguin Chill exhibit at the Zoo are being constructed in 2017. At the Aquarium, Botanic Garden, Zoo and Tingley Beach you can enjoy the many adventures of story times,

sleepovers, hobby and craft demonstrations, and educational and conservation events.

the Public Library

The Public Library ABQ-BernCo has fun for seniors and their grandchildren! Attend one of our interactive story times and be prepared to be entertained by, and with, your grandchildren! Check for events at abqlibrary.org.



Cultural Services Department
City of Albuquerque
ABQtodo.com • 505.768.2000





Congratulations

City of Albuquerque for being named the host City for the
2017 and 2018 New Mexico State Senior Olympics
and the 2019 National Senior Games



New Mexico State Senior Olympics

July 19 – 22, 2017



Volunteers needed call 505-764-6400
For more information call 888-623-6676

COMING SOON

SUMMER OF 2019



NATIONAL SENIOR GAMES



For more information call 505-764-6400

Recognizing Depression in the Elderly

While depression and sadness might seem to go hand and hand, many depressed seniors claim not to feel sad at all. They may complain, instead, of low motivation, a lack of energy, or physical problems. In fact, physical complaints, such as arthritis pain or worsening headaches, are often the predominant symptom of depression in the elderly. This presentation will help loved ones and caregivers and those suffering from depression recognize the signs and symptoms.



North Valley, Room 4
Thursday, March 16
10:00 – 11:00 am

Thinking about Thinking

Tips to keep your memory sharp.

Bear Canyon, Room 5
Wednesday, April 12
10:00 – 11:00 am

Palo Duro, Ponderosa
Thursday, May 11
10:00 – 11:00 am
Presenter: Speech-Language pathologist with Onpointe at Home

Urogynecology - Who are We? Or What is a Urogynecologist?



We are a team of physicians, nurses, midwives and physical therapists who are committed to providing comprehensive and individualized care for women who suffer from pelvic floor disorders.

Bear Canyon, Room 5
Wednesday, February 22
10:00 – 11:00 am
Presenter: Kathy Hopkins, BS. MA

Why Do We Fear Mental Illness

Join us for a discussion about stigma and fears of mental illness.

North Valley, Room 3
Thursday, February 9
10:00 – 11:00 am

Vision: Options for Dealing with Vision Loss

The 20/20 Club is a support group focusing on vision loss, particularly macular degeneration, but open to anyone with vision loss, and their family members and caregivers. We are a support group, not a medical group. We offer information about dealing with vision loss, including adapting one's home and habits, developing positive attitudes, and pass on new information about relevant research and treatment. We will talk about the support group and how it can be of help to attendees, and how the group has become a positive influence in many lives.

Barelas, Lead, Coal
Tuesday, April 11
10:00 – 11:00 am
Presenter: Barbara, 20/20 Club

Special Interest Cooking

Good Mood Food

Staying away from processed foods can have a positive effect on more than just your physical and emotional well-being, like it or not. Join us for tips and tricks to boost your mood and health. Make life delicious.

Manzano Mesa, Room 4
Tuesday, June 13
9:00 – 10:00 am



Special Interest Gardening

Composting: Bucket

This class will cover the science, materials, methods and benefits of com-

posting in a bucket with the Bokashi method .

Bear Canyon, Room 5
Wednesday, June 21
10:00 am – 12:00 pm
Presenter: Bernalillo County Extension

Composting: Bucket Composting with Bokashi

Join this series of composting presentations to learn different ways to compost for your garden. Sign up at the front desk for subject of your choice or for all of them. These series are facilitated by Bernalillo County Extension Master Composters. Bokashi composting in a closed container offers anyone, especially city and apartment dwellers, an uncomplicated way to recycle kitchen scraps and other organics.

Highland, Room 8
Wednesday, June 7
9:00 – 11:00 am

Composting: Improving Desert Garden Soil

Join this series of composting presentations to learn different ways to compost for your garden. Sign up at the front desk for subject of your choice or for all of them. These series are facilitated by Bernalillo County Extension Master Composters. Learn how to drought proof local desert garden soils and how to improve fertility with organic amendments.



Highland, Room 8
Wednesday, April 12
9:00 – 11:00 am

Composting: Improving Desert Soil

Learn how to work with your desert garden soil to improve structure and fertility.

Bear Canyon, Room 5
Wednesday, May 24
10:00 am – 12:00 pm
Presenter: Bernalillo County Extension

Composting: Tumbling Bins

Class will cover basic composting science in the high desert with a specific focus and unique recommendations / tips for success using tumbling composting bins.

Bear Canyon, Room 5
Wednesday, March 22
10:00 am – 12:00 pm
Presenter: Bernalillo
County Extension
North Valley, Room 3
Thursday, March 23
10:00 – 11:30 am
Presenter: John Bernalillo
County Extension



Composting: With Worms

This class will cover the science, materials, methods and benefits of home composting with worms

Bear Canyon, Room 5
Wednesday, April 26
10:00 am – 12:00 pm
North Valley, Room 3
Thursday, March 30
10:00 am – 12:00 pm
Presenter: John Bernalillo
County Extension



Container Gardening

Do you have a small yard, patio or balcony but love to garden? Has your back started to complain when you get out your gardening tools? It's time to try Container Gardening! Please join us to learn the basics. We will talk about selecting the correct pots for your needs and how to plant and maintain a container garden.

Manzano Mesa, Room 4
Tuesday, January 31
10:00 – 11:00 am

Gardening 101

Growing vegetables is actually pretty simple. Spend some time learning about what plants need to grow. Whether you're thinking of putting a few containers on your patio, building a raised 4x4 garden box, or tearing up half of your yard, here are a few tips to get you going.

Los Volcanes, Room 1
Thursday, February 9 Session I
Thursday, March 23 Session II
TBA

El Camino Real Garden Club

Sign up and join this "free" garden club as it starts its 5th successful year of planting and growing a wonderful lush garden here at Barelbas Center. Contact Garden Keeper Patrick Turrieta or Theresa Winter at Barelbas for more information.

Barelbas, Lead, Coal
Friday, March 10
10:00 – 11:00 am
Presenter: Patrick Turrieta



El Camino Real Garden Planning & Plot Assignments

Join others with an interest in gardening and discuss the garden plans for our 2017 garden season. There is a limited amount of gardens to be assigned and selection may be made on a basis of drawing names for gardens. Gardening is a great way to learn more about eating healthy, getting fresh air, and some outdoor activity. Garden Keeper Patrick Turrieta will share knowledge to help make your garden a great success!

Barelbas, Stover
Thursday, April 13
1:00 – 2:30 pm
Presenter: Patrick Turrieta

Gardening in the El Camino Real Garden

Learn how our senior garden got started here at the Barelbas Senior Center and how you can join the garden club or become a "Garden Angel" and support our garden with various donations of seeds, plants, and other garden materials. El

Camino Garden Keeper, Patrick Turrieta and other gardeners will talk about our wonderful garden program and how you might start a garden at your home, apartment or other location. Sign up at Front Desk. Limited to 15 participants.

Barelbas, Lead, Coal
Thursday, March 30
1:00 – 2:30 pm
Presenter: Patrick Turrieta

Home Composting Basics

Learn the science, art, materials, methods, benefits and choices for home composting.

Bear Canyon, Room 5
Wednesday, January 25
10:00 – 12:00 pm
Presenter: Bernalillo
County Extension
North Valley, Room 3
Thursday, March 16
10:00 am – 12:00 pm
Presenter: John Bernalillo
County Extension



Raised Bed Gardening

Raised Bed Gardening offers many excellent management options for high desert gardening. They are relatively inexpensive; contain soil, mulches and irrigation devices well. The presentation will include a discussion about materials, design, location planning and soil, watering and shading options for the high desert.

Bear Canyon, Room 5
Wednesday, March 8
10:00 am – 12:00 pm
Presenter:
Bernalillo
County
Extension



Basic Garden Tips & Techniques

Basic Gardening tips and techniques. Learn what it takes to have a productive garden all year long.

Los Volcanes, Room 2
Monday, April 10
10:00 – 11:30 am

Special Interest Gardening, continued

Tomatoes 101

Everybody loves tomatoes! Even the smallest garden boasts at least one tomato plant. We will talk about the history of tomatoes, how to select the best variety for your garden. We will also discuss growing practices and pest control. We will give you a rundown of some of the best varieties to help you choose the one that's perfect for your garden.



Manzano Mesa, Room 4
Tuesday, March 28
10:00 – 11:00 am

Basic Garden Tips & Techniques

Basic Gardening tips and techniques on . Learn what it takes to have a productive garden all year long.

Los Volcanes, Room 2
Monday, April 10
10:00 – 11:30 am

Vegetable Gardening

There's nothing like eating your own fresh vegetables straight from your garden. We will discuss vegetable gardening from the ground up! We will give you information about cool and warm season vegetable crops and how to grow and harvest them. We will also discuss safe ways to deal with garden pests. For a healthier you, join us to learn the best ways to grow your very own vegetables.

Los Volcanes, Room 2
Wednesday, February 22
9:30 – 11:00 am
Presenter:
Patrick
Manzano Mesa, Room 4
Tuesday,
February 28
10:00 – 11:00 am



Special Interest History & Genealogy

Chinese American Speaker Series

The CACAABQ Speaker Series is a monthly event held on the third Saturday of the month. A 30 minute talk followed by questions and answers.

North Domingo Baca
3rd Saturday
10:00 am – 12:00 pm



Genealogy and Family History

Bill Farmer began exploring his family history about 15 years ago and was immediately hooked. While continuing his own research, he also volunteers at the Albuquerque/Bernalillo County Library's Genealogy Center helping other researchers, especially those who are just getting started. Bill's presentation will introduce participants to Genealogy and Family History and discuss the importance of beginning your search close to home. He will describe basic research concepts, types of information sources, the importance of assessing and using data effectively, recognizing the benefits and limitations of online data sources, and the value of becoming a history buff. Bill will also discuss readily available data sources at the Genealogy Center and share some of his favorite personal success stories.

Palo Duro, Ponderosa
Thursday, May 25
10:00 – 11:00 am
Presenter: Bill

Getting Men to the Moon: Behind-the-Scenes Stories

Nearly half a century ago, the world watched in awe as seven Apollo missions

over a four-year period took twenty-one men to the moon and back. Twelve of those men landed on the moon, explored it, and brought back samples of rocks and dirt. Next year, 2017, marks the forty-fifth anniversary of Apollo 17, the next last human visit to the moon. This presentation reveals insiders' stories of what it took to overcome challenges and accomplish triumphs in the Apollo program and its predecessors, Mercury and Gemini.



Bear Canyon, Room 5
Wednesday, May 3
10:00 – 11:00 am
Presenter: Loretta Hall

NM is a Treasure Trove of Space History

From Anasazi star watchers forecasting seasonal changes for agriculture planning through the development of manned spaceflight and into the new era of commercial space industries, New Mexico has been a major contributor to understanding and exploring the universe. This illustrated presentation will provide an overview of an aspect of our state's history that is not well known but has been important to New Mexico's economy and the United States' technological progress for more than eighty-five years.

Bear Canyon, Room 5
Wednesday, April 5
10:00 – 11:00 am
Presenter: Loretta Hall

The Amazing and Fascinating Life of Cleopatra

Today the name Cleopatra brings up images of a seductive woman who captivated 2 great Roman leaders, Julius Caesar and Mark Antony. But how could this ambitious lady accomplish this impressive feat? How did



Cleopatra, whose family was Greek in origin, become the most powerful and enchanting woman in Egypt and in the Roman Empire? Come to this lecture and we will reveal the remarkable life of Cleopatra separated from the myth and from the movies.

Palo Duro, Ponderosa
Thursday, February 16
10:00 – 11:00 am
Presenter: Carol

The Engrossing and Romanticized Life of Kit Carson

He was known in America and abroad as Kit Carson, but his real name was Christopher Houston Carson. Kit was a rugged, modest man of few words, but his reputation was spread in dime novels, by word of mouth, newspaper stories and government reports until his life story took on mythic proportions. Carson was a mountain man, a fur trapper, an Indian agent and fighter, a U.S. army officer, a wilderness leader & family man. He helped guide the famous expeditions of John C. Fremont across the Oregon Trail. Once he had his biography read to him, the mostly illiterate Carson stated the author "laid it on a leetle too thick." Come and join us as we separate fact from myth, while we relate the engrossing tale of this fascinating man.

Bear Canyon, Room 5
Wednesday, May 31
10:00 am – 12:00 pm
Presenter: Carol V.

The Life of the Legendary John Wayne, Movie Hero

John Wayne was a movie superstar. He was a larger than life legend in his own time. Wayne was greatly admired for his screen image which portrayed him as a rugged, he-man of few words, who tried to do the right thing as he saw it. But Wayne's career and his personal life did hit some bumpy periods along the way. Come and join us as we delve into the life



and career of John Wayne and disclose the real individual behind the glorified image. Movie clips shown.

Palo Duro, Ponderosa
Thursday, April 13
10:00 – 11:30 am
Presenter: Carol



The Life of the Multi-Talented Gene Kelly

Eugene Curran Kelly was known in Hollywood as a truly multi-talented performer. He was a dancer, an actor, a director, and a choreographer. On screen, he delighted fans with his dancing skill and his likeability. Kelly was famous for his ability to perform a wide variety of dancing styles wearing ordinary, everyday clothing. Kelly once said he looked like a "truck driver" in a tux, so he didn't wear them. Among his Hollywood peers, his reputation varied. Some dancing partners considered Kelly a perfectionist taskmaster and others thought him kind and considerate. Come and join us and we will discover the professional and little known personal life of the remarkable movie star and dancer Gene Kelly. Clips will be shown.

Bear Canyon, Room 5
Wednesday, June 28
10:00 – 11:30 am
Presenter: Carol V.

The NM Spanish Presidio Soldiers and Spain's Contribution to the American Revolution

Join us to find out the actual contribution of the NM soldiers, settlers, and all Spanish settlers, colonists that gave (donations of 2 pesos valued at approximately \$60 US dollars) to the American Revolution. You will get to see the actual material that Spain gave to America and the great General Bernardo de Galvez,

who later became only the eighth person to become an honorary American Citizen.

Barelas, Lead, Coal
Tuesday, February 21
10:00 – 11:00 am
Palo Duro, Ponderosa
Thursday, March 23
10:00 – 11:00 am
Presenter: George



The Unlikely Path to World War One

When the German Foreign Office was asked how did this calamity known as World War One occur, the reply was "Ich Weiss Nicht" (I know not)!!! This presentation will attempt to provide an answer as we mark the centennial of the event that forever changed the course of human history.



Palo Duro, Ponderosa
Wednesday, June 14
9:30 – 10:30 am
Presenter: Lloyd

Senior Issues

Funeral Planning the What's and Why's

Come to a FREE seminar on the "What's and Why's" of funeral planning. This will not be a FRENCH Funerals-Cremations sales presentation. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family. Preplanning is truly a gift for your loved ones.

Bear Canyon, Room 5
Wednesday, March 1
10:00 – 11:00 am
Manzano Mesa, Room 4
Tuesday, February 7, May 9
10:00 – 11:00 am
Presenter: Karen



Don't forget to stop at one of our gift shops! See page 7

Let's Talk Stories

If you've ever thought about becoming a writer you'll enjoy this session. Learn how some authors take personal experiences and develop them into story ideas. Then we'll discuss some of your own experiences and show how to use them as springboards for writing.

Bear Canyon, Room 5
Wednesday, February 1
10:00 – 11:00 am
Presenter: Charlene Dietz

Putting the FUN back into functional

Finding ways to maintain your ability to do what matters to you! We will discuss how some tips for adapting to or preventing functional decline for seniors. Instructor, Cindy Brown is Training & Resource Manager, LBSW Social Worker at Home Instead Senior Care, here in Albuquerque. This presentation will be both fun and informative. Please sign up at the front desk.



Highland, Room 8
Wednesday, March 8th
9:00 – 11:00 am
Presenter: Cindy with Home Instead Senior Care



Savvy Social Security

This presentation is geared towards Baby Boomers thinking about retirement. Who have probably paid Social Security tax for decades. In fact, we all pay it every time we get a paycheck, yet most of us don't really understand how the system works. There are approximately 700 different ways to claim benefits and people are leaving huge amounts of money on the table due to lack of education. Our presentation

bridges the information gap and allows for informed, educated decision making.

Palo Duro, Aspen
Wednesday, March 8
9:00 – 10:00 am
Presenter: Brad Yablonsky

Senior Bullying: Disbanding the Myths

Bullying is intentional and repetitive behavior involving an imbalance of power or strength. Recently, bullying among seniors has been occurring in senior facilities and daycares. Research indicates that between 10%-20% of residents have experienced some form of bullying from their peers. It causes considerable emotional distress for not only the targets, but for the other residents and staff. During this presentation there will be interactive activities among participants in problem solving for various types of bullying behaviors.

North Valley, Room 3
Thursday, June 22
10:00 – 11:00 am

Special Interest Science

NM UFO & Paranormal Forum

Series is a monthly event on the third Saturday of the month. Hour and half talk followed by a 30 minute question and answers.

North Domingo Baca
3rd Saturday



Special Interest Technology

Smart Phone Q&A

Need basic help or have questions on how to use that "smart" gadget of yours? Please bring your device.

Los Volcanes, Ponderosa
Wednesday, January 11
9:30 – 10:00 am

Barelas, Stover
Tuesday, January 3
10:00 - 11:30 am
Instructor: Teeniors
Fee: \$5



Special Services

East Central Health & Social Services Center

The City of Albuquerque has four Health and Social Service Centers: Alamosa, East Central, John Marshall, and Los Griegos—one located in each quadrant of the city which provides services to low and moderate-income residents in the form of emergency food, clothing, and utility and rental assistance, as funding is available. Please join us and educate yourself on what services are currently available and you'll have an opportunity for Q&A's. Presenter is Kirk Denetclaw with the City of Albuquerque, Department of Family & Community, Health & Social Services.

Highland, Room 8
Wednesday, June 21
9:00 – 11:00 am
Presenter: Kirk with Health & Social Services East Central Center

Estate Planning

SCLO will conduct a free presentation focusing on life planning issues. The speaker will cover topics such as healthcare and financial powers-of-attorney, wills, non-probate transfers of assets (such as Transfer on Death Deeds), and cremation authorizations.



Note: The presenter will only be able to answer general questions, and cannot provide individualized estate planning advice.

Palo Duro, Ponderosa
Thursday, January 19
10:00 – 11:30 am
Presenter: Senior Law Office

Identity Theft Prevention

Please join SCLO staff for a discussion on how to recognize the signs of identity theft, how to prevent it, and how you can fix it if it happens to you.

Manzano Mesa, Room 4
Tuesday, March 21
10:00 – 11:30 am
Presenter: Mike, Senior Law office



KEEP ALBUQUERQUE BEAUTIFUL

Keep Albuquerque Beautiful

Keep Albuquerque Beautiful is dedicated to community education on all solid waste management issues and alternatives through litter control, beautification, and graffiti eradication activities.

Barelas, Lead, Coal

Tuesday, March 7

10:00 – 11:00 am

City of Albuquerque,

Solid Waste Department

Legal: Clinic

SCLO staff attorney to conduct a free one-on-one general legal clinic for seniors. Seniors must register in advance with Palo Duro for 20 minute time intervals to meet privately with the attorney. Note: SCLO does not practice family law (divorces, custody, adoptions), criminal law, or malpractice/tort claims.

Palo Duro, Aspen

Wednesday, February 1

9:30 – 11:00 am

Palo Duro, Ponderosa

Thursday, May 4

10:00 – 11:30 am

Legal: Issues for Caregivers, "What you should know"

Early Legal & Financial Planning for Families Facing Alzheimer's Disease. A free presentation given by the Alzheimer's Association, New Mexico Chapter.

Highland, Room 8

Wednesday, February 8th

9:00 – 11:00 am

Instructor: Don Pinnock, JD & Chris McCaffrey with the Alzheimer's Association New Mexico Chapter

NM Driver Safety Program

Safer New Mexico Now has developed a comprehensive older driver safety program that aims to reduce older driver crashes, fatalities and injuries in New Mexico. This safety program is offered at



no cost to all senior services personnel. Through our programming efforts, older drivers can be empowered to further enhance their own safety and improve the safety of all road users, while maintaining a high quality of life.

Palo Duro, Ponderosa

Thursday, January 26

10:00 – 11:00 am

Presenter: Mark McCracken,
Safer NM Now

Power of Attorney Clinic

SCLO will assist seniors in executing power of attorney forms for healthcare and finances, as well as cremation authorization forms. Please bring identification, as well as the names and contact information of people you wish to appoint as your agents.

Palo Duro, Ponderosa

Thursday, June 22

10:00 – 11:30 am

Presenter:

Senior Law Office



Protect Your Loved Ones From Probate

Accidents, illness and death often strike suddenly and unexpectedly, leaving loved ones overwhelmed and in debt. With advanced planning, you can protect yourself and your loved ones from such devastation and unnecessary expenses that are often incurred. Attend a meeting and learn how you can preserve your estate and avoid the delays, expense and stress of probate.

North Valley, Room 3

Thursday, January 26

10:00 – 11:00 am

Presenter: Ellen

Traditional Fair Isle Knitting

Learn more about those gorgeous patterned sweaters you may remember from the '60's. Fair Isle knitting is an historical tradition from the island of Shetland in Scotland. While the men went to sea to fish, the women stayed on the croft, or farm, tending whatever crops they could coax out of that harsh climate. While they farmed and in the evenings, everyone knitted in order to make ends meet.

Knitting was a necessity, not a hobby like today. They started

with sheep and made their own yarn too. You'll get to see samples of knitting collected from Shetland and inspired by those sweaters and photos of knitters and spinners from the 19th century.



Barelas, Lead, Coal

Wednesday, March 22

11:00 am – 12:00 pm

Presenter: Celeste Nossiter

Short Story Cards – Introduction to Scrapbooking

Creative memories ... Life is beautiful! Share it, remember it, and cherish it! Join us as we each create a unique card with our own photos! (Please bring 4-5 4x6 prints or smaller).

Barelas, Stover

Tuesday, February 7

2:00 – 4:30 pm

Presenter: Stephanie



**Give cross-country skiing a try!
Pick up a 2017 Sports & Fitness
Catalog at any center.**

Friendship Socials

Join us as we gather to meet new people and make friends. We have great conversations with each other as we share refreshments.

Coffee Socials

Armijo

Monday - Friday,
9:00 - 10:00 am

Paradise Hills Community Center

Monday - Friday,
9:00 - 11:30 am

Rio Bravo

Monday - Friday, 9:00 - 11:30 am

Tijeras Senior Center

Monday - Friday, 8:30 am - 1:00 pm

Whispering Pines

M-W-F, 9:30 - 10:30 am



Arts & Crafts Classes

Arts & Crafts

Whispering Pines

Wednesday, 11:30 am - 2:00 pm

Beading

Tijeras

Thursday, 10:00 am - 12:00 pm

Ceramics

Armijo

Monday - Friday, 9:00 - 11:30 am

Paradise Hills

Tuesday, Thursday, 9:00 am - 12:00 pm

Rio Bravo

Wednesday, Friday, 12:30 - 3:00 pm

Ceramic Painting

Whispering Pines

Wednesday,
9:30 am



Embroidery, Computerized

Tijeras

Thursday, 10:00 am - 3:00 pm

Whispering Pines

Monday, Wednesday, Friday
10:00 - 11:30 am, 1:00 - 3:00 pm

Knitting, Crochet and Needle Work

Taylor Ranch

Wednesday
1:00 - 3:30 pm

Tijeras

Thursday
1:00 - 4:00 pm

Quilting

Paradise Hills

Tuesday
10:00 am - 3:00 pm

Taylor Ranch

Friday
9:00 - 11:00 am

Quilting, Long Arm

Whispering Pines

Friday, 9:00 am - 3:00 pm



Sewing

Whispering Pines

Monday, Wednesday, Friday
9:00 am - 3:00 pm

Cards and Games

Bingo

Alameda/Raymond G. Sanchez
Monday - Friday, 10:00 - 11:30 am

Armijo

Monday - Friday, 10:00 - 11:30 am

Paradise Hills

Tuesday, Thursday, 10:00 - 11:00 am

Rio Bravo

Monday, Tuesday, Thursday
9:30 am - 11:00 am,
12:30 pm - 2:00 pm

Tijeras

Friday (except 3rd Friday), 12:00 pm



Billiards

Paradise Hills

Monday - Friday, 9:30 - 11:30 am

Rio Bravo

Wednesday, Friday, 9:00 - 11:30 am

Tijeras

Monday-Friday, 8:30 am - 3:00 pm

Whispering Pines

Monday, Wednesday, Friday
9:00 - 11:30 am, 1:00 - 2:00 pm

Board Games/Cards

Alameda/Raymond G. Sanchez
Monday - Friday, 8:30 - 10:00 am
Rio Bravo
Friday, 12:30 pm

Bridge: Duplicate

Taylor Ranch

Monday - Friday, 12:30 - 4:30 pm

Bridge: Party

Taylor Ranch

Tuesday, 12:30 - 4:30 pm

Dominos

Paradise Hills

Monday - Friday, 9:30 - 11:30 am

Mah Jongg

Tijeras

Tuesday, 11:30 am



Pinochle

Paradise Hills

Wednesday, 9:00 am - 12:00 pm

Ping Pong

Tijeras

Friday, 10:00 am

Wii

Armijo

Wednesday or upon request



Learn CPR. See PAGE 43

Computers

Computer Lab

Tijeras

Monday – Friday, 8:30 am – 4:00 pm

Health and Wellness

Nutrition Education

Whispering Pines

Monday, 10:00 – 11:00 am

TOPS Weight Loss Group

Tijeras

Tuesday, 10:00 am

Language

Spanish: Beginning

Tijeras

Wednesday, 10:30 am – 3:00 pm

Miscellaneous

Bible Study

Paradise Hills

Wednesday, 12:00 – 1:00 pm

Tijeras

Wednesday, 12:00 pm

Cake Decorating

Tijeras

Monday, 10:30 am

Current Events

Whispering Pines

Monday, 9:30 am

Flea Market

Armijo

Friday, 9:00 am – 1:00 pm

Rio Bravo

1st Friday, 9:00 am – 2:00 pm

Genealogy Class

Tijeras

Wednesday, 10:00 am

Puzzles

Whispering Pines

Mon., Wed., Fri.
9:00 – 11:30 am,
12:30 – 3:00 pm



Movies

Armijo

Thursday, Friday
9:30 – 11:30 am

Rio Bravo

Wednesday, 12:30 pm



Music

Acoustic Jam

Tijeras

Tuesday, 12:30 pm

Guitar: Class

Armijo

Monday, Wednesday,
12:00 – 1:30 pm

Tijeras

Monday, 10:30 am

Guitar: Intermediate

Tijeras

Tuesday, 10:30 am

Guitar: Slack Key

Tijeras

Monday, 9:30 am

Guitar: Steel

Tijeras

Monday, 8:30 am

Karaoke

Armijo

Thursday, 12:00 pm

Uke Hour

Tijeras

Monday, 12:00 pm

Sports and Fitness

Dancing: Belly

Paradise Hills

Friday, 9:30 – 10:30 am

Exercise: Chair

Paradise Hills

Monday, Wednesday, Friday
10:30 – 11:00 am



Fitness: Senior

Taylor Ranch

Monday, Friday,
9:00 – 10:00 am
Wednesday,
8:30 – 9:30 am



Horseshoes

Whispering Pines

Monday, Wednesday, Friday
1:00 – 2:00 pm

Open Gym for Seniors

Los Duranes

Monday, 9:30 am – 12:00 pm



Pickleball

Los Duranes

Tuesday, 10:00 am – 12:00 pm

Tai Chi Chih

Los Duranes

Monday, 10:00 – 11:00 am

Yoga

Los Duranes

Thursday, 10:00 – 11:00 am

Zumba Gold

Tijeras

Tuesday, 12:30 pm \$2

Events

Birthday Celebration

Tijeras

3rd Friday, 12:00 pm

Fitness Facilities



Barelás Fitness Room

714 7th St. SW, Alb., NM 87102
Phone: 505-764-6436
Fax: 505-764-6472
Mon. - Fri. 8:00 am - 5:00 pm

Highland Fitness Room

131 Monroe NE, Alb., NM 87108
Phone: 505-767-5210
Fax: 505-767-5224
Mon. - Fri. 8:00 am - 5:00 pm
Wednesday 8:00 am - 7:00 pm
Saturday 10:00 am - 4:00 pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

6500 Los Volcanes NW, Alb., NM 87121
Phone: 505-767-5990
Fax: 505-767-5994
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Manzano Mesa Multigenerational Center Fitness Room

501 Elizabeth St. SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Domingo Baca Multigenerational Center - Fitness Room

7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6496
Fax: 505-764-6497
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Valley Fitness Room

3825 4th St. NW, Alb., NM 87107
Phone: 505-761-4025
Fax: 505-761-4031
Mon. - Fri. 8:00 am - 5:00 pm
Tuesday 8:00 am - 7:00 pm
Sunday 12:30 pm - 4:30 pm

Palo Duro 50+ Sports & Fitness Center

3351 Monroe NE, Alb., NM 87110
Phone: 505-880-2800
Fax: 505-883-9362
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm



Most activities are free with membership unless otherwise noted.

50+ SPORTS & FITNESS WINTER SPORTS

We offer many exciting opportunities for enjoying winter sports in New Mexico. Day trips leave out of Palo Duro Sports and Fitness. Winter day trip are offered for cross-country skiing, snowshoeing, downhill skiing and snowboarding! Trips will start in January and run through March. Pick up your Sports and Fitness Catalog in December for more information.



ABQ 50+ GAMES



SENIOR OLYMPICS

The games offer 24 different sports to compete in from track and field to golf. The games start in January and run through May. Pick up your Sports and Fitness Catalog in December for more detailed information on how to participate in the ABQ 50+ Games.



Badminton Practice & Play

Badminton is beneficial to your physical and mental well being, while challenging your mind, reflexes and stamina.

Manzano Mesa, Gym
Monday, 1:30 – 4:00 pm
Tuesday, 6:00 – 8:50 pm
Thursday, 7:00 – 8:50 pm
Friday, 1:00 – 4:00 pm



Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon–Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

Manzano Mesa, Gym (west court)
Monday - Friday,
11:00 am - 1:00 pm
Monday & Friday
Evening 7:00 - 8:50 pm



50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. We offer descriptions so that you can select to your ability. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required. Sign up at Palo Duro Sports and Fitness.

Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers. 5¢/mile.

Los Volcanes
Friday (Every other), 8:00 am - 4:00 pm

North Valley

Thursday (Every other), 8:00 am
Bill Goyd

Palo Duro

Tuesday (Every other), 8:00 am
Marilyn Warrant
Saturday, 9:00 am
Sue Palletier

Bear Canyon

Thursday (every other)
8:00 am – 4:00 pm
Coordinator: Sandy McAvoy

Pickleball

Barelas
Monday,
1:30 – 3:30 pm

Los Volcanes
Monday, Tuesday,
9:30 - 11:00 am,
1:30 - 3:30 pm



Manzano Mesa

Thursday, 2:00 - 4:00 pm
Saturday, 9:00 - 11:00 am

Pickleball Training

Manzano Mesa

Tuesday, Thursday, 9:15 - 11:00 am
Saturday, 12:30 - 2:50 pm

Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

Manzano Mesa

Tuesday, 1:00 - 4:00 pm

Table Tennis

Practice and Play

Since its inception in 880s England, as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite.

Bear Canyon, Social Hall
Monday, 1:30 – 4:30 pm
Thursday, 9:30 – 11:00 am
Friday, 2:30 – 4:45 pm
Saturday, 9:00 – 11:00 am
Saturday, 1:00 – 2:45 pm



Manzano Mesa, Game Room
Monday – Friday, 8:00 am – 8:50 pm
Saturday, 9:00 am – 2:50 pm

Volleyball Pick-up Games

Drop-in volleyball matches.



Manzano Mesa, Gym
Monday, Friday, 5:00 - 7:00 pm

Fitness/Exercise

Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. Pre-Registration is required.



Session 1:

Monday, Wednesday, Friday
9:00 - 10:00 am
Cost: \$12/month – Suggested Contribution. (3 classes/wk).
Transportation: provided from all 6 Albuquerque senior centers for 50¢ The multigenerational centers will not be transporting clients. Self-Drivers are also welcome, but must pre-register.

Session 2:

Monday, Friday, 1:15 - 2:15 pm
Cost: \$8/month – Suggested Contribution. (2 classes/wk.)
Transportation: provided from all 6 Albuquerque senior centers for 50¢ and Vista Grande Community Center. The multigenerational centers will not be transporting clients. Self-Drivers are also welcome, but must pre-register.

Session 3:

Tuesday, Thursday, 9:00 - 10:00 am
\$8/month – Suggested Contribution. (2 classes/wk.)
Transportation: will be provided from the Palo Duro 50+ Sports & Fitness Center for 50¢, and from varied meal sites. The multigenerational centers will not be transporting clients. Self-Drivers are also welcome, but must pre-register.



Aerobics

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace. 50¢ suggested contribution

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday
8:00 – 9:00 am

Highland, (to music) Social Hall
Monday, Wednesday, Friday,
9:00 - 10:00 am
Instructor: Jane

Manzano Mesa, Gym
Monday, Wednesday, Friday,
8:15 - 9:15 am

Palo Duro, Gym
Monday, Wednesday, Friday
8:15 - 9:15 am
Friday, Social Hall 8:15 - 9:15 am

Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center
3rd Tuesday, 8:00 am - 6:00 pm

North Domingo Baca
Multigenerational Sports
& Fitness Center
4th Wednesday, 8:00 am - 6:00 pm

Palo Duro Sports and Fitness
4th Wednesday, 7:30 am - 6:00 pm

Body Works plus Abs

A full body workout includes warm up, core work and stretches. This class is done with the use of light weights or elastic bands, high repetitions, with low impact rhythmic movements and

modifications. This class is designed to sculpt lean muscle.

North Domingo Baca, Aerobics Room
Wednesday, 3:45 - 4:45 pm
50¢ suggested contribution

Dance Aerobics

Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday 5:30 - 6:30 pm
Wednesday, 10:30 - 11:30 am
50¢ suggested contribution

Hard Core Abs

This is an energetic core workout for all ages and fitness levels, with the use of multiple types of exercises and equipment. You will feel the burn in 30 minutes and see the results in no-time.

North Domingo Baca, Aerobics Room
Friday, 4:00 - 4:30 pm
50¢ suggested contribution



Fit X Press

Build total-body strength, sculpt muscles, and blast fat, increase energy, increase flexibility improve posture and improve overall health.

North Domingo Baca, Aerobics Room
Monday, Wednesday, Friday
8:15 - 8:45 am
50¢ suggested contribution

How about a therapeutic chair massage?
See Page 55 for details!



REFIT

Combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

Manzano Mesa, Social Hall
Tuesday, 6:00 - 7:00 pm
Instructor: Leticia Bailly
\$40 Punch Card for 10 Classes,
\$5 for drop in class

EnhanceFitness

Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday,
1:00 - 2:00 pm

North Valley, Social Hall
Monday, Tuesday, Friday,
8:15 - 9:15 am

Jazzercise

Enjoy a full hour of fat-burning and muscle-sculpting strength training. This is a high intensity workout that mixes dance-based cardio with strength training. Transform your body, boost your mood and ignite your energy!





North Domingo Baca, Aerobics Room
Monday, 10:45 - 11:45 am
Tuesday, Thursday, 8:00 - 9:00 am
Wednesday, Friday, 12:00 - 12:45 pm
Saturday, 9:15 - 10:15 am
\$5 class

Flex & Tone

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.
50¢ suggested contribution

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday, 8:00 - 9:00 am

Highland, Room 8
Tuesday, Thursday, 8:15 - 9:15 am
Instructor: Jane

Manzano Mesa, Gym
Tuesday, Thursday 8:15 - 9:15 am

North Domingo Baca, Aerobics Room
Tuesday, Thursday, 9:15 - 10:15 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 8:00 - 9:00 am

Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday & Friday, 10:30 - 11:30 am
50¢ donation

Manzano Mesa, East Social Hall
Friday, 4:45 - 5:45 pm
\$2.50

Gentle Exercise

Done mostly in a chair we use weights, balls and bands to focus on strength building with resistance.
50¢ suggested contribution

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday
9:15 - 10:15 am

Barelas, Social Hall
Tuesday, Friday, 10:15 - 10:45 am

Highland, Social Hall
Monday, Wednesday, Friday,
10:15 - 11:15 am

Manzano Mesa, Gym
Monday, Wednesday, Friday,
9:30 - 10:30 am

North Domingo Baca, Aerobics Room
Monday, Wednesday, Friday,
9:30 - 10:30 am

Palo Duro, Mesquite Room
Monday, Wednesday, Friday,
9:30 - 10:30 am



Get Moving Aerobics

Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Monday, Wednesday, Friday
5:00 - 6:00 pm
Instructor: Ann
\$2.50 or \$20/month

Check out the Mystery Book Club See Page 28



Nia Technique

The Nia Technique draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, fun and challenging workout.

Highland, Room 8
Thursday, 11:15 am - 12:15 pm
Palo Duro, Mesquite
Wednesday, 3:15 - 4:15 pm
\$5 or \$30/5 classes
First Class is Free

Pilates

Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday, 10:45-11:45 am
Instructor: Rita \$4

Barelas, Lead/Coal
Tuesday, 8:30 - 9:30 am
\$2 suggested donation
Instructor: Richard

North Domingo Baca, Aerobics Room
Tuesday, 6:00 - 7:00 pm
50¢ suggested contribution
North Valley, fitness center
Thursdays, 8:30 - 9:30 am
\$2 suggested contribution



Join us for the Soup-er Bowl Party!!
See page 21.



Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

Los Volcanes, Social Hall
Thursday, 5:30 - 6:30 pm
Saturday, 9:30 - 10:30 am

T.N.T Dynamite

Trim and Tone your body with this class designed to fit your own individual needs and abilities. You will work at your own pace towards improving strength, stamina, and muscle tone with a variety of exercise moves and equipment.

Bear Canyon, Social Hall
Monday, Wednesday, Friday
9:30 am - 10:30 am



Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow your mind.

North Valley, Fitness Center
Tuesday, 5:30 - 6:30 pm
\$3

Zumba Gold

This class is designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves.

Bear Canyon, Social Hall
Monday, Wednesday, Friday
8:15 - 9:15am

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center,
Aerobic Room
Tuesday, Thursday, 9:30 - 10:30 am

Manzano Mesa, Gym
Monday, Wednesday, 10:45 - 11:45 am
Instructor: Dee
\$2

North Domingo Baca, Aerobics Room
Monday, 12:30 - 1:30 pm
\$2

Zumba Gold Toning

Manzano Mesa
Friday, 8:00 - 9:00 am
Instructor: Dee
\$2

Weight Training



Equipment Orientations

Get more energy and increase muscle tone and bone density! Sleep and feel better! Attend a free orientation and learn the fundamentals of weight training, with the proper set-up and use of our exercise machines. Orientations are by appointment only.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center
Appointments: 505.767.5990

Manzano Mesa Multigenerational Sport & Fitness, Fitness Room
Appointment: 505.275.8731

North Domingo Baca Multigenerational Sports & Fitness Center, Fitness Room
Appointment: 505.764.6496

North Valley, Fitness Center
Appointment: 505.767.5990

Palo Duro, 50+ Sports & Fitness Center
Appointment: 505.880.2800

Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.



Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center
505.767.5990, 6500 Los Volcanes, NW

Manzano Mesa Multigenerational Sports & Fitness Center
505.275.8731, 501 Elizabeth, SE

North Domingo Baca Multigenerational Sports & Fitness Center
505.764.6496, 7521 Carmel, NE

North Valley 50+ Sports & Fitness Center
505.761.4025, 3825 4th Street NW

Palo Duro 50+ Sports & Fitness Center
505.880.2800, 3351 Monroe, NE

Basics with Free Weights

For novice weight lifters or those interested in getting started. This is the second stage of our Equipment Orientations where you'll learn safe use and technique when using free weights. Expand you knowledge and tools in efforts to reach your fitness goals.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center
Call 505.767.5990 for schedule

North Domingo Baca Multigenerational Sports & Fitness Center
Call 505.767.6496 for schedule

Self Defense / Eastern Traditions

Aikido

This is a non-aggressive style of martial arts working on the principle of "do not fight force with force." Redirect the attacker's energy and use it to your favor.

North Domingo Baca, Aerobics Room
Tues., Wed., Fri., 7:15 - 8:30 pm
Instructor: Charles \$4



Dahn Mu Do (Korean T'ai Chi)

This class integrates mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.

North Domingo Baca,
Aerobics Room
Saturday, 10:30 – 11:45 am
Instructor: Lynn
\$5

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 4
Tuesday, Wednesday, 6:00 - 8:00 pm
Instructor: Chris

Kendo Kai

Meaning "Way of The Sword," is a modern Japanese martial art, which descended from traditional swordsmanship (ken-jutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

Manzano Mesa, East Social Hall
Friday, 6:00 - 8:00 pm
Instructor: Davis

Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Monday, 7:00 - 9:00 pm
Instructor: Dr. Sean Ross
\$10 per month

T'ai Chi

A class using slow, gentle movement to build health & balance, helps reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physical-ly emotionally and spiritually.



Los Volcanes, Room 2
1st, 2nd, 3rd Wednesday,
12:00 – 1:00 pm
Thursday, 5:30 – 6:30 pm
Instructor: Kay

Palo Duro, Ponderosa Room
Friday 9:30 - 10:30 am
Instructor Sifu Ty Beh
Suggested donation \$5
(not meeting 1st Friday)

T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight. Call center to sign up.

Bear Canyon, Room 1
Wednesday, 11:30 am - 1:00 pm
Wednesday, 3:30 - 4:30 pm

Palo Duro, Ponderosa Room
Beginning: Wednesday,
3:15 - 4:15pm
Session I: January 11- February 15
Session II: February 22 - April 5
(Skip 3/15)
Session III: April 12 - May 17
Session IV: May 24 - June 28
Continuing: Wednesday
4:30 – 5:30 pm



T'ai Chi Ch'uan

Beautiful flowing movements improve balance, lower high blood pressure, increase bone density and cultivate chi, or internal energy. Tai Chi reduces stress and arthritis pain, significantly improves brain size, improves motor control in Parkinson's, and may delay the onset of Alzheimer's Disease. Recent studies show T'ai Chi is anti-aging! Cultivate your chi for a long and happy life. Everyone is welcome.

Barelas, Lead/Coal
Wednesday 9:30 - 10:30 am
Instructor: Sihing Ilene Dunn
Suggested donation \$5

Highland, Social Hall
Thursday 9:30 - 10:30 am
Instructor Sihing Ilene Dunn
Suggested donation \$5

Highland
Intermediate Tai Chi
Thursday 1:30 - 2:30 pm
Instructor Sifu Ty Beh
Suggested donation \$5

Los Volcanes, Room 2
Tuesday 11:30 am- 12:30 pm
Instructor Sifu Ty Beh
Suggested donation \$5

Manzano Mesa, East Social Hall
Tuesday 9:30 - 10:30 am
Instructor Sihing Ilene Dunn
Suggested donation \$5

North Domingo Baca
Friday 11:30 am - 12:30 pm
Instructor Sifu Ty Beh
Suggested donation \$5

North Valley, Room 1 and 2
Monday 9:30 - 10:30 am
Instructor Sifu Ty Beh
Suggested donation \$5

Palo Duro, Ponderosa Room
Friday 9:30 - 10:30 am
Instructor Sifu Ty Beh
Suggested donation \$5
(not meeting 1st Friday)

Intermediate Class

Highland, Room 8
Thursday, 1:30 - 2:30 pm

Yoga

**Yoga, Beginning**

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

**Joe O. Armijo, Los Volcanes
50+ Sports & Fitness Center,**

Aerobics Room
Thursday, 2:00 - 3:00 pm,
Saturday, 9:00 - 10:00 am
Instructor: Dena
\$3

Barelas, Lead/Coal
Monday & Thursday, 9:15 - 10:30 am

Bear Canyon, Multi-Purpose Room
Friday, 10:30 - 11:30 am
Instructor: Tiana

Highland, Room 8
Monday, 2:00 - 3:00 pm,
Wednesday, 1:15 - 2:45 pm
Instructor: Mindy

Manzano Mesa, East Social Hall
Monday, 6:15 - 7:15 pm
Instructor: Ann
\$7

North Domingo Baca,
Aerobics Room
Thursday, 10:30 - 11:30 am
Instructor: Mindy
\$5 donation

Yoga

Helps improve posture and core strength, as well as reduce lower back pain as well as helps to increase muscle flexibility.

Highland, Room 8
Monday (Gentle Yoga),
2:00 - 3:00 pm
Wednesday's, 1:30 - 2:30 pm
Instructor: Mindy

Palo Duro, Ponderosa
Monday, 9:00 - 10:00 am
Instructor: L. Leyba
\$3/class

Palo Duro, Mesquite
Wednesday, 5:15pm - 6:15pm
Instructor: L. Leyba
\$3/class

Yoga: Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

Bear Canyon, Room 1
Monday, 10:30 - 11:30 am

Yoga: Dahn

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight

North Valley, Social Hall South
Monday, Thursday, 3:15 - 4:15 pm
Instructor: David Plummer
\$3

Yoga, Flow, Vinyasa Flow

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

North Domingo Baca,
Aerobics Room
Monday, 5:45 - 7:00 pm
Instructor: Misa

North Domingo Baca, Aerobics Room
Thursday, 6:00 - 7:00 pm
Instructor: Keisha
\$5

Yoga, Gentle

For anyone new to yoga or desiring a slower paced class. Relaxation, breathing, and simple meditations will be explored and support equipment will be used. Increase range of motion and muscle tone.

Palo Duro, Ponderosa
Wednesday, 9:00 - 10:00 am
Instructor: Karin

Yoga Hatha

Manzano Mesa, Room 5
Wednesday, 9:00 - 10:00 am
Instructor: Dee

Yoga Hatha Plus

(plus core body-work)

Manzano Mesa, Room 5
Friday, 9:00 - 10:00 am
Instructor: Janet

Yoga, Kundalini

Manzano Mesa, Room 4
Wednesday, 10:10 - 11:10 am
Instructor: Sueshila

Yoga, Laughter

In laughter yoga sessions we will teach you to laugh without a reason, without relying on humor, jokes, or comedy. We initiate laughter as an exercise using eye contact and childlike playfulness. It is called Laughter Yoga because it combines laughter exercises with yogic breathing. This brings more oxygen into your body and brain making you feel more energetic and healthy. Laughter is great exercise and a great stress reliever. Laughter is contagious!

Bear Canyon, Multi-Purpose Room
Friday, 12:30 - 1:15pm
Instructor: Barbara

Manzano Mesa, Room 3
Saturday, 9:00 - 10:00 am
Instructor: Kathleen

**Don't forget to pick up a 2017
Sports & Fitness Catalog at any
one of our centers!**



Other Classes

All-Star Youth Karate

For ages 4-16, this karate/self-defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa, East Social Hall
Wednesday, 6:00 - 9:00 pm
David Vigil, to register: 505.899.1666

Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair. Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being. Massage done for a nominal fee.



Bear Canyon, Lobby
Monday, 11:00 am - 12:00 pm

North Valley, Fitness Center
1st, 3rd Wednesday,
9:00 am - 12:00 pm
Ellen Santistevan, LMT 6535, APP
Donation

Exercise for Parkinson's

Parkinson's Wellness and Recovery is an effective and fun way to gain flexibility, coordination, strength and improve balance. These exercises also improve attention and mental focus. It is also a fun way to exercise!

North Valley, Fitness Center
2nd, 4th Thursday, 2:00 - 3:00 pm
Instructor: Linda Ozier

Balance & Movement for Parkinson's

This class is designed for mostly all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate also!

Highland, Room 8
Monday, 3:15 - 4:00 pm
\$5 per class
Instructor: Mindy

Reflexology Massage Therapy

Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet or hands.



North Valley, Fitness Center
2nd, 4th Wednesday, 9:30 - 11:00 am
Catherine Barba

TVE Wellness Qi Gong

This is a health & healing low-impact exercise class using fluid Qi-Gong techniques to improve energy, balance, strength, and range of motion for all ages & abilities by focusing and building on all aspects of the body through a step-by-step teaching method. This is a low-impact, easy entry exercise program for healing and prevention. TVE Wellness is the alternative exercise program that suits your needs no matter the age or capability. We modify the motions to match your ability and then progress further until we see greater results. Join now to enjoy the rewarding and fun program of TVE Wellness.

Bear Canyon, Multi-Purpose Room
Thursday, 10:00 - 11:00 am

Manzano Mesa, E. Social Hall
Thursday, 8:30 - 9:30 am

North Valley, Fitness Center
Wednesday, 9:00 - 10:00 am
Instructor: Dimitri Carranza
\$2



Join us today!!

Membership is ONLY **\$13/year**

Activities! Entertainment!
Education! And, most importantly...FUN!

Trips

Trip Policies

- To register for trips, present your membership card or give your card information with your payment. No Over The Phone Reservations First Come, First Serve Basis – Payment required to reserve seat
- Make checks payable to the City of Albuquerque.
- Registration for trips starts at 9:00 am on designated days
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.

- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Refunds: Original receipts should be presented to receive approved refunds. No refunds on trips costing \$1.00 or less. Form of payment used to pay for trip will be refunded in same manner

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the

opportunity to go on the outing and a refund will not be given.

DATES to sign up for trips:

Wednesday, January 4th

For January – March: trips registrations/presentations will be available for sign up.

Wednesday, March 1st

For April – June: trips registrations/presentations will be available for sign up. Registration for trips starts at 9:00 am.



Trip to Los Golondrinas

Palo Duro presents...

A "Fare" to Remember

Trips leave Palo Duro. Sign up at the front desk. Meals at your own expense.

Los Chavez Café: Belen

If you're in the mood for delicious New Mexican food this is the place for you! Los Chavez offers a variety of breakfast and lunch items from chicharrone burritos to pecan pancakes. No alcohol is served.

Wednesday, January 11

Check In: 9:45 am • Return: 4:00 pm
\$5.50 Transportation

Rowley Farmhouse Ales: Santa Fe

This brewery has an old timey farmhouse theme with an impressive selection of New Mexico craft beer and a few of their very own beer brewed there. Rowley Farmhouse Ales has a range of good eats from a farmer's market salad to sirloin burgers!

Thursday, February 16

Check In: 9:45 am • Return: 4:00 pm
\$7 Transportation



Raven's Rock Café: Santa Fe

Located on the historic Turquoise Trail, this mom and pop restaurant offers a beautiful patio to relax and enjoy your food. The menu highlights a variety of food including House Smoked Ribs and breakfast served all day.

Tuesday, March 21

Check In: 9:45 am • Return: 4:00 pm
\$6.50 Transportation

Pig & Fig Café: White Rock

This café and bakery specializes in gourmet comfort food and traditional French style desserts. All meats come from local farm and ranches.

Wednesday, April 12

Check In: 9:30 am • Return: 4:00 pm
\$11 Transportation

Prairie Star Restaurant: Santa Ana

Join us for a true New Mexico treasure, this restaurant offers a breathtaking

view of the Sandias and the ambience inside showcases historic NM architecture. The menu highlights an assortment of food with Chef Chris Olsen's own flair.

Wednesday, May 17

Check In: 4:00 pm • Return: 8:00 pm
\$3 Transportation

El Sombrero: Socorro

Offering a varied menu, they are known for the best Margaritas in town! For over 30 years El Sombrero has been serving excellent authentic New Mexican food.

Thursday, June 15

Check In: 8:00 am • Return: 4:00 pm
\$9.50 Transportation

Enchanted Journeys with Shannon

We'll visit a mystery destination that's sure to be lots of fun, followed by lunch at a nearby restaurant.

Barelas

Friday, January 6

Friday, February 3

Friday, March 3

Thursday, April 6

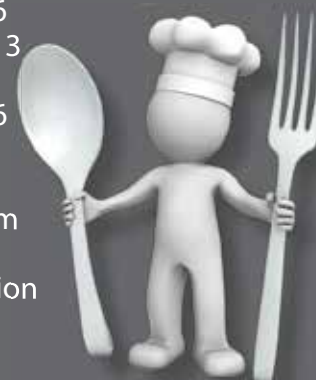
Friday, May 5

Friday, June 2

Check In: 8:30 am

Return: 4:00 pm

\$12 Transportation



Monthly Trips

Ride & Glide w/Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state. Enjoy a delicious lunch at a local restaurant.

Palo Duro

Thursday, January 19
Thursday, February 2
Wednesday, March 15
Tuesday, April 18
Tuesday, May 23
Thursday, June 1

Check In: 8:00 am

Return: 4:00 pm approximately

\$6.50 Transportation if trip exceeds 100 miles .05¢ per mile after that to be paid upon return.

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

Bear Canyon

4th Thursday
Check In: 10:45 am
50¢ Transportation

Out- To- Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

Bear Canyon

1st Monday
Check In: 4:45 pm
50¢ Transportation



Ride & Roam with Ron

The destination is a mystery but be assured you are in for an adventure.

Palo Duro

Friday, January 6
Tuesday, February 21
Wednesday, March 1
Thursday, April 6
Wednesday, May 3
Tuesday, June 20

Check In: 8:00 am • Return: 4:00 pm approximately
\$6.50 Transportation if trip exceeds 100 miles .05¢ per mile after that to be paid upon return.

Rock - n- Rolling Tours

by North Valley Senior Center

Las Vegas Montezuma Castle Tour

We will be taking a tour to the Montezuma Castle in Las Vegas NM and other historical building around the district. Lunch will be at the Plaza Hotel 1885



North Valley

Thursday, March 30
Check In: 8:00 am • Return: 5:30 pm
\$12 Transportation

Santuario de Chimayo Tour

We will take a scenic drive to Santuario de Chimayo for those who would like to attend the live Stations of the Cross. Mass begins at 12 noon.



North Valley

Thursday, April 13
Check In: 8:30 am • Return: 4:00 pm
\$10 Transportation

HWY 63 Pecos Canyon Spring Tour

Come join us for a scenic spring tour through the Pecos Canyon on HWY 63 to a small mercantile. We will stop at a local camping spot to eat the sack lunch that will be provided by the center.

North Valley

Wednesday, April 26
Check In: 8:00 am • Return: 5:30 pm
\$10 Transportation



Jemez/Los Alamos Spring Tour

Come and enjoy the day driving through Jemez and Los Alamos on State Route 4. We will be sightseeing Jemez Falls, Los Alamos, Pojoaque and the beautiful New Mexico scenery. Pack your own lunch. We will have a surprise stop at the end of our trip.

North Valley

Saturday, April 29
Check In: 8:00 am • Return: 5:30 pm
\$11 Transportation

Chaco Canyon Tour

We will take a scenic drive to Chaco Canyon Cultural National Historic Park where we can view the ruins of the Pueblos of the Americans Southwest. We will enjoy a picnic at the Gallo campground. Please pack your own lunch.

North Valley

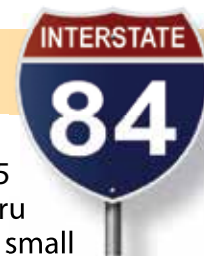
Saturday, May 13
Check In: 6:45 am • Return: 6:30 pm
\$16 Transportation

US HWY 84/Chama Canyon Tour

We will take a scenic drive down HWY 84/285 to US Forrest Rd. 151 thru the Chama Canyon to a small community of monks "Monastery Christ in the Desert". Then we will have lunch that is provided by the center at the Rio Chama Camp Grounds.

North Valley

Wednesday, May 24
Check In: 8:00 am • Return: 5:30 pm
\$14 Transportation



Villanueva Tapestry/ State Park Tour

We will be taking a tour of Our Lady of Guadalupe Church in Villanueva; in this church is a tapestry 265 ft. in length 41 embroidered panels and 36 different stichers that constructed this tapestry. We will have lunch after our tour at the Villanueva State Park. Sack lunch will be provided by the center.

North Valley

Monday, June 5

Check In: 8:00 am • Return: 5:30 pm

\$13 Transportation

US HWY 84/285 Tour

This trip is a loop tour from Abiquiu to Ojo Caliente. First stop will be at Bode's General Store. Second stop will be the Abiquiu Inn for lunch and third stop will be Purple Adobe Lavender Farm. On the way back home, we will take US HWY 285 which is 15 miles north of Ojo Caliente.

North Valley

Thursday, June 15

Check In: 8:00 am • Return: 6:30 pm

\$14 Transportation



DAY TRIPS

JANUARY

Telephone Museum

The Telephone Museum of New Mexico is packed with exhibits that will tell visitors about the history of the telephone industry and its development through the years. Displays on the site include photographs, equipment, and literature about the trade. After the tour, Lindy's Diner is just down the street, this is a classic Route 66 diner with a Greek/New Mexican twist. The meals are tasty and the portions are generous.



Manzano Mesa

Wednesday, January 11

Check In: 10:00 am • Return: 2:00 pm

\$2 Transportation

Highland

Friday, February 24

Check In: 9:15 am • Return: 2:30 pm

\$2 Transportation

Paleontology Lab/NM Museum of Natural History & Science

On this trip we'll go behind the scenes at the New Mexico Museum of Natural History & Science in Albuquerque to visit the laboratory where museum workers

painstakingly tease out the bones of ancient creatures from the rock in which they were entombed millions of years ago.



After our tour of the lab, we'll visit the museum itself, and then go have lunch at a local restaurant in town. Admission is free on Wednesday's for New Mexico seniors 60+.

Highland

Wednesday, January 18

Check In: 9:00 am • Return: 4:30 pm

\$2 Transportation

Mabel Dodge Luhan & Company: American Moderns and the West - Exhibition at Albuquerque Museum

Mabel Dodge Luhan (1879 – 1962) brought modern art to Taos, New Mexico, putting Taos on the national and international map of the avant-garde and creating a "Paris West" in the American Southwest.

Barelas

Wednesday, January 18

Check In: 9:15 am • Return: 2:30 pm

\$2 Transportation, \$2 Admission over 60,

\$3 under 60



NM State Legislature Senior Day

Join us for a trip to visit the Legislature in Santa Fe. We will tour the Round House and hall-way gallery. We will have lunch in Santa Fe at your own expense.



Barelas

Tuesday, January 24

Check In: 8:00 am • Return 4:00 pm

Bear Canyon

Tuesday, January 24

Check In: 8:00 am • Return 4:00 pm

Los Volcanes

Tuesday, January 24

Check In: 8:00 am • Return 4:00 pm

Manzano Mesa

Tuesday, January 24

Check In: 8:00 am • Return: 4:00 pm

North Valley

Tuesday, January 24

Check In: 8:00 am • Return: 4:00 pm

Palo Duro

Tuesday, January 24

Check In: 8:00 am • Return: 4:00 pm

Free Transportation

Free

Natural History Museum

Join us as we explore the Natural History Museum for the afternoon.



North Domingo Baca

Wednesday

January 25

Check In: 9:30 am

Return 3:00 pm

\$2 Transportation

NEW MEXICO
MUSEUM OF
NATURAL HISTORY
& SCIENCE



World's Largest Matanza

The smell of pork roasting will fill the air in Belen at The World's Largest Matanza. This is the place to go to try different pork recipes while you listen to the tones of local artist and watch different dance groups perform.

North Valley

Saturday, January 28
Check In: 9:00 am • Return: 4:30 pm
\$5 Transportation, \$15 Admission

Z Coil Tour and Lunch

Join us for a tour of the Z Coil factory to see where these famous shoes got started; afterward we will have lunch at a nearby restaurant.



Palo Duro

Tuesday, January 31
Check In: 8:45 am • Return: 2:30 pm
\$2 Transportation

Harrell House Bug Museum

The Harrell House Bug Museum and Science Shop inside the DeVargas Center mall in Santa Fe, New Mexico. The Museum features 2,400 mounted insects from Oliver Greer's "Crawlywood Collection" and over 150 live animals.



North Valley

Tuesday, January 31
Check In: 9:30 am
Return: 3:30 pm
\$8 Transportation, \$5 Admission

FEBRUARY

ABQ Police Museum

Begin with a tour by Sergeant Paul A. Judd around the museum. There are many interesting exhibits; including photographs, uniforms, motorcycles,



badges, and early crime laboratory equipment. Many of these items have been donated or are on loan from former officers and their families. After let's gather at Barelas Coffee House for a late breakfast.

Manzano Mesa

Thursday, February 2
Check In: 8:15 am
Return 1:00 pm
\$2 Transportation

Chocolate Lovers Odyssey: CG Higgins and Kakawa Chocolate House

Doesn't February just make you think of chocolate? Well on odyssey for chocolate we will be given a tour of CG Higgins which was featured on the Food Network. Afterward we will have lunch at a nearby restaurant. Lastly we will stop at Kakawa Chocolate House which offers drinking chocolate elixirs from recipes that come from the time period 1000 BC to the mid-1900s AD.

Palo Duro

Thursday, February 2
Check In: 8:15 am • Return: 4:00 pm
\$7.50 Transportation

Turquoise Museum

Learn all about turquoise, in a fun, interactive tour through the turquoise Museum. We'll be taking a 45 minute energetic and interactive guided museum tour featuring the world's largest collection of natural turquoise on display, world history of turquoise, hands on exhibits, and so much more. Spy into a working lapidary shop and understand how this beautiful gemstone goes from the mountain to the jewelry. Entry Fee is \$5 and at your own expense. We will have lunch at a local restaurant in town.



Highland

Wednesday, February 8
Check In: 9:00 am • Return: 2:30 pm
\$2 Transportation

CNM Campus - Cosmetology

We will take you to visit the CNM Campus - Cosmetology where you can either get a complimentary haircut or a manicure. After you get pampered, we will stop for a nice lunch.

Barelas

Thursday, February 9
Check In: 8:15 am
Return 1:30 pm
\$2 Transportation



Explora

National Chemistry Week at Explora.

North Domingo Baca

Wednesday, February 15
Check In: 9:30 am
Return 2:30 pm
\$2 Transportation



Millicent Rogers Museum

This museum is housed in an enlarged 1920's hacienda with a spectacular view of the Sangre de Cristo Mountains. This museum houses permanent collections of works by South-western artist including the magnificent turquoise jewelry collected and owned by fashionista Millicent Rogers for whom the museum is named.

North Valley

Friday, February 17
Check In: 8:00 am • Return: 5:30 pm
\$15 Transportation, \$6 Admission



Albuquerque Balloon Museum

Explore the history, science, and technology of ballooning and lighter-than-air aviation.

Discover how human aviation began with ballooning in 1783 and the many innovations that have followed. Achieve new heights by gaining knowledge and inspiration from visiting our interactive exhibitions or visit the Tim Anderson 4-D Theater!

Barelas

Thursday, February 23

Check In: 9:00 am • Return: 3:00 pm
\$2.50 Transportation, \$2 Admission

Carnival Celebration - National Hispanic Cultural Center

The NHCC's annual celebration of Carnival is a dazzling spectacle of vibrant dance, engaging music, and beautiful costumes, featuring the band PANdemonium and the Odara Dance Ensemble and show-casing the Carnival celebrations of Cuba, Trinidad, Brazil and New Orleans.

Bear Canyon

Friday, February 24

Check In: 9:00 am • Return: 3:00 pm
\$2.50 Transportation

Rattlesnake Museum

Located in Old Town the museum is not only a fun experience but educational. We will take a tour and learn about the different types of rattlesnakes. The rattlesnake museum has the largest collection of rattlesnakes in the World!



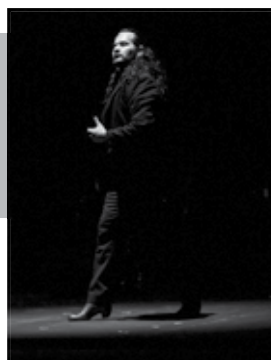
Palo Duro

Friday, February 24

Check In: 9:15 am • Return: 2:30 pm
\$2 Transportation, \$4.50 Tour

MARCH

Jesus Munoz Flamenco - Hispanic Cultural Center



Jesús Muñoz is recognized for his deep understanding of cante flamenco and his improvisational control over rhythm. His company is known internationally for its dedication to preserving the traditional improvisational philosophy of flamenco dance and music.

Bear Canyon

Thursday, March 2

Check In: 9:00 am • Return: 3:00 pm
\$2.50 Transportation

Ojo Caliente

Ojo is the only natural hot springs in the world with the remarkable combination of five bubbling waters.

Los Volcanes

Thursday, March 2

Check In: 6:45 am • Return: 7:00 pm

UNM Hodgkin Hall Walking Tour

From its beginnings in 1892 to its renovation in 2011 to the U sculpture unveiled in 2012, Hodgkin Hall Alumni Center has always served as a home for alumni, faculty, staff, students, and friends of UNM. We'll have a personalized guided tour detailing the highlights of Hodgkin Hall. Entry Fee is \$2 and at your own expense. We will have lunch at a local restaurant in town.

Highland

Friday, March 10

Check In: 9:15 am • Return: 2:30 pm
\$2 Transportation

Learn to grow your own tomatoes!
See Page 42



NM Mining Museum

This unique museum in Grants is realistic underground replica of a working uranium mine. Retrace the experience of going underground and see what the Miners worked in everyday. Learn about the rich historical legacy of mining and the related culture of Grants/Cibola County.

North Valley

Monday, March 13

Check In: 8:30 am • Return: 3:30 pm
\$8 Transportation, \$3 Admission

Recycling Center Tour

Come tour Friedman's recycling plant that process all recycled materials from residences, turning the recyclables into materials like paper towels, and even jeans. We will have a meet and greet with staff followed by a facility tour from the catwalk. Please wear closed toe shoes, must be able to walk upstairs, and ready for a little dust.

Bear Canyon

Thursday, March 16

Check In: 10:00 am • Return: 2:30 pm
\$2 Transportation



Georgia O'Keeffe Museum

Enjoy the day at the beautiful O'Keeffe museum. Viewing all the beautiful art.

North Domingo Baca

Monday, March 20

Check In: 9:00 am • Return: 4:00 pm
\$7 Transportation

Indian Pueblo Cultural Center

We'll be taking a guided tour to enrich our time at the Indian Pueblo Cultural Center. The Indian Pueblo Cultural Center is home to over twenty large-scale murals by Pueblo artists, and they introduce

visitors to nine of these impressive works of art. See paintings by legendary artists Pablita Velarde, Helen Hardin, and Jose Rey Toledo. We will see a journey through Pueblo art and culture, a moving introduction to the traditions and core values of Pueblo people. The Indian Pueblo Cultural Center first opened its doors to the public in 1976. In April 2016, in conjunction with their 40th Anniversary Celebration, they unveiled the first major renovation of their permanent museum exhibit since opening. Representing all 19 Pueblos of New Mexico, the new exhibit is called We Are of This Place: The Pueblo Story. It shares the Pueblo people's legacy of resilience, expresses the Pueblo story through the voices of Pueblo people, honors their land and all living things, and is inspired by traditions that have been passed down for generations. With this renovation, they have created a living museum for visitors that continues to do justice to the history and accomplishments of the Pueblo people of New Mexico. Entry Fee is \$7 and at your own expense. We will have lunch at a local restaurant in town.



Bear Canyon

Monday, March 20
Check In: 9:00 am • Return: 3:00 pm
\$2.50 Transportation

Highland

Tuesday, March 21
Check In: 9:15 am • Return: 2:30 pm
\$2 Transportation

Coffee and Chocolate Fest

Focused on coffee, coffee and tea, the festival features cooking demonstrations, sampling, seminars, contests, live performances and chocolate eating contests. With 19,000 attendees and 140 delicious vendors, this is the nation's largest consumer festival for chocolate, coffee, and gourmet foods.

Los Volcanes

Saturday, March 25
Check In: 10:00 am • Return: 3:00 pm



Manzano Mesa

Saturday, March 25
Check In: 10:00 am • Return: 5:00 pm
\$2 Transportation

Downtown Walking Tour

Historic Albuquerque Incorporated is dedicated to explore, preserve, guard and restore Albuquerque's heritage. You will walk along Central Avenue from 1st Street to 8th Street. Please wear comfortable clothing and shoes. You will be dropped off in the corner of 1st and central and then after the tour the center van will pick you up on 8th street at which point we will stop for lunch.

Manzano Mesa

Monday, March 27
Check In: 9:30 am • Return: 2:00 pm
\$2 Transportation

Museum of International Folk Art

This museum holds the largest Folk Art collection in the world, showcasing 150,000 artifact exhibitions in four distinct wings and will give you a better understanding of Folk Art. We will have a tour of the museum after we will have lunch at a nearby restaurant.

Palo Duro

Wednesday, March 29
Check In: 8:30 am • Return: 4:00 pm
\$7.50 Transportation

Earthship Visitor Center

An Earthship is a building that will take care of you, while still being sustainable, affordable, and strong. Earthships are the most versatile and economical building design in the world, utilizing both conventional construction materials and recycled materials such as old tires, bottles, and cans to provide a comfortable living experience. We use systems that turn rain and snow into water that we use four times indoors and out, and sunshine and wind into the electricity to

power all of the modern amenities. Mike Reynolds, an architect and the inventor of the Earthship, started experimenting here in the Taos, NM area over forty years ago with alternative building materials. There are now Earthship located in over twenty-five countries and all fifty states of the USA. Join us for a self-guided tour!

Barelas

Wednesday, March 29
Check In: 7:30 am • Return: 6:30 pm
\$16 Transportation, \$5.36 over 55,
\$7.50 under 55

Picnic at the Villanueva State Park and Church Tour

Take a tour of one of the oldest Catholic churches in Northern New Mexico. You will find amazing art work created by parishioners. The Villanueva State Park is a charming riverside park nestled in a canyon near the village of Villanueva. Simply enjoy the breathtaking scenery and colors of the magnificent red and yellow landscape.

Palo Duro

Friday, March 31
Check In: 8:00 am
Return: 4:30 pm
\$13 Transportation
Bring a sack lunch



Ojo Caliente

Ojo is the only natural hot springs in the world with the remarkable combination of five bubbling waters.

Los Volcanes

Tuesday, April 5
Thursday, May 11
Check In: 6:45 am • Return: 7:00 pm

North Domingo Baca

Thursday, April 20
Check In: 10:00 am • Return: 2:30 pm

North Valley

Thursday, May 4
Check In: 7:45 am • Return: 5:30 pm

Continued on Page 62

APRIL, con't.

Continued from Page 61

North Valley

Thursday, June 1

Check In: 7:45 am • Return: 5:30 pm

Highland

Wednesday, June 21

Check In: 8:15 am • Return: 6:30 pm

\$15 Transportation, \$21.43 Admission

Trip to Chimayo NM

Chimayo is known for its spirituality and healing! Grab yourself some Holy Dirt! Great shopping for that spiritual gift.... The chapels are gorgeous and humbling. The people that visit are inspiring! Kindness and compassion pour out of there! Come join the Trip to Chimayo for an uplifting experience.

Highland

Wednesday, April 5

Check In: 9:00 am • Return: 5:00 pm

\$9.50 Transportation



The House on Mango Street - Hispanic Cultural Center

The House on Mango Street is a touching and humorous collection of vignettes told by a young girl growing up in one of Chicago's Latino neighborhoods. Esperanza Cordero dreams of a new life far away from her tiny home on rundown Mango Street in this classic coming-of-age story about those defining experiences that shape our beliefs and help us discover who we are.

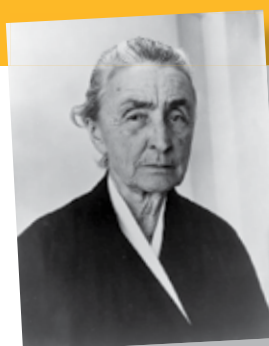
Bear Canyon

Thursday, April 6

Check In: 9:00 am • Return: 3:00 pm

\$2.50 Transportation

Georgia O'Keeffe Museum & NM Rail Runner



A visit to the Georgia O'Keeffe Museum offers insight not only into the artist's paintings, but also her creative process and the light and landscape that inspired her. One of the most significant artists of the 20th century, Georgia O'Keeffe (1887-1986) was devoted to creating imagery that expressed what she called "the wideness and wonder of the world as I live in it." Museum - Free to NM residents (with valid NM ID).

Barelas

Friday, April 7

Check In: 8:45 am • Return: 7:00 pm

\$3 Transportation, Train Ticket \$9 (\$8 online), Reduced Fare age 62 and over \$6 (\$5 online).



Fiesta de Albuquerque

Happy Birthday Albuquerque! Celebrate the eras of Albuquerque's history as our beautiful city turns 311 years old. Mayor Richard J. Berry invites you to enjoy a day of family fun in Historic Old Town. Dance the afternoon away with live music in the gazebo featuring local bands.

Manzano Mesa

Saturday, April 8

Check In: 11:30 am • Return: 4:00 pm

\$2 Transportation

El Rancho Motel

The historic El Rancho Hotel provides a unique Southwest Experience in the midst of the American West. The El Rancho Hotel is a pillar of the West and was the Home of the Movie Stars throughout the 1930s to 1940s who filmed Westerns in the area.

Bear Canyon

Monday, April 10

Check In: 8:00 am • Return: 6:00 pm

\$16 Transportation

Hodgin Hall at UNM

Come and tour the oldest building on the UNM campus, Hodgin Hall houses an interesting collection of artwork, antique furniture, and memorabilia from the university's past.

North Valley

Tuesday, April 11

Check In: 9:45 am • Return: 3:30 pm

\$2 Transportation

Santuario de Chimayo

Visit the famous Santuario where the "extraordinary has occurred." People come from all over the world to visit the small church where many claim to have been healed from different ailments.

Bear Canyon

Tuesday, April 11

Check In: 8:00 am • Return: 3:30 pm

Barelas

Wednesday, April 12

Check In: 8:15 am • Return: 4:30 pm

Los Volcanes

Thursday, April 13

Check In: 8:00 am • Return: 4:30

Manzano Mesa

Thursday, April 13

Check In: 8:00 am • Return: 4:00

\$11 Transportation



Meow Wolf

With the help of George R.R. Martin, who recently purchased a vacant former bowling alley, Meow Wolf has converted the building into a multi-use Art Complex. The Meow Wolf Art Complex stands as a beacon of creativity and community in Santa Fe's emerging Midtown Innovation District, welcoming locals and tourists alike to take part in fun, enriching art experiences, workshops, and community activities. Meow Wolf is an arts production company that creates immersive, multimedia experiences

that transport audiences of all ages into fantastic realms of storytelling. Our work is a combination of jungle gym, haunted house, children's museum, and immersive art exhibit. This unique fusion of art and entertainment gives audiences fictional worlds to explore. Entry Fee is \$13 (for seniors age 60+) and is at your own expense. We will have lunch at a local restaurant in town. Please Note: this trip involves lot of physical activity.

Highland

Thursday, April 13

Check In: 9:00 am • Return: 4:00 pm (approx.)

\$7.50 Transportation

Aurora Borealis Glassworks Tour

Enjoy a demo in old school glass blowing. Watch the instructors at Aurora Borealis Glassworks blow glass and make paperweights. Some restrictions apply. No canes, walkers or wheel chairs. Participants must sign a waiver. Limit to 8

Bear Canyon

Thursday, April 20

Tuesday, May 9

Check In: 9:30 am • Return: 2:00 pm

\$2.50 Transportation

Hollywick Farms: Working Alpaca Farm

At Hollywick Farms you will learn about the herd, alpaca fiber and the day to day life with alpacas. Afterwards we will enjoy lunch at a nearby restaurant. Please no animals, it will scare the alpaca.



Palo Duro

Thursday, April 20

Check In: 9:45 am • Return: 3:30 pm

Bear Canyon

Monday, May 22

Check In: 9:45 am • Return: 3:30 pm
\$4 Transportation, no admission fee, but donations gladly accepted.

Let's Go To 18th Annual Festival International

Join us and experience different cultures through a variety of singing and dancing performances from different parts of the world at North Valley Senior Center.

Los Volcanes

Friday, April 21

Check In: 8:15 am

Return: 1:30



Pine Ridge Arabians

Join us for a tour of the Pine Ridge Arabians Founded in 1968 by Paul and Carole, the Dearth's have been breeding Arabian horses for over 35 years. During that time they have bred, raised and trained national winners in many divisions.



Bear Canyon

Tuesday, April 25

Check In: 8:15 am • Return: 3:00 pm

\$3 Transportation

Wildlife West Nature Park

Wildlife West Nature Park located in Edgewood is open daily, year round and is one of the premier nature parks in the southwest. Engage in a self-guided tour around the 122-acre wildlife zoo, which is home to 25 species of rescued, non-releasable native wildlife, including endangered Mexican wolves, black bear, cougars, hawks, and more. Bring a sack lunch.

Manzano Mesa

Monday, April 25

Check In: 9:30 am • Return 2:00 pm

\$4 Transportation

NM Governor's Mansion

The governor's official residence in Santa Fe is open to the public 2nd and 4th Tuesday's of the month. As a non-partisan, non-profit organization, The Governor's Mansion Foundation keeps the beauty and history of the historic Governor's home alive through tours and community outreach.

North Valley

Tuesday, April 25

Check In: 9:45 am • Return: 3:30 pm

\$8 Transportation

Renaissance Faire

Here ye! Here ye! Lords and Ladies of Albuquerque join us for a day of fun! Enjoy food, music, demonstrations, arts, and activities all recreated from the Middle Ages!

Palo Duro

Saturday, April 29

Check In: 9:00 am

Return: 4:00 pm

\$2 Transportation

Admission TBA



San Felipe Feast Day

Native American feast days allow tribal members to come together in a renewal of their language, culture, and religion. On these days, the communities celebrating a feast day are open to the public, tribe members prepare a variety of bountiful meals to share with their visiting guests.

Manzano Mesa

Monday, May 1

Check In: 9:00 am • Return: 4:00 pm

\$5 Transportation

Christ In The Desert

2 day 2 night trip to the monastery. Stop in Santa Fe or Espanola for breakfast. Approximate arrival time at the monastery will be about noon, because the main meal is served around 1:20pm & 5:20pm.

Check out at the monastery is 9am, stop in Espanola for breakfast. 2 nights minimum

Los Volcanes

Sunday, May 7

Check In: 6:45 am • Return: 3:00 pm

\$201 Single Occupancy,
\$176 Double Occupancy

MAY

El Morro National Monument

El Morro is one of New Mexico's smaller national monuments, hidden away in forested, high elevation, little-traveled land between Grants and Ramah. A paved, half mile trail leads to the inscriptions, many of which are crisp and easily legible due to varying degrees of preservation, passing the ruins of an ancient pueblo, while giving fine, elevated views over the forested landscape.



Barelas

Wednesday, May 10
Check In: 7:00 am • Return: 4:30 pm
\$12 Transportation, bring a sack lunch

A-Z Family Farm Tour

Located in Corrales A-Z Family Farms is a local and sustainable farm that brings organic vegetables and herbs to New Mexico. This trip will provide a tour of the farm and if you'd like to help tend the crops, we'll let you play in the dirt too. Lunch at a nearby restaurant in Corrales. Please wear sturdy footwear, due to uneven surface of ground.

Palo Duro

Wednesday, May 10
Check In: 9:00 am • Return: 3:30 pm
\$3 Transportation

Shidoni

Shidoni - a greeting to a friend in Navajo - is an art gallery including 8 acres of sculpture gardens and bronze art foundry situated along the Rio Tesuque on a former apple orchard.

Bear Canyon

Thursday, May 11
Check In: 8:30 am
Return: 4:00 pm
\$8 Transportation



Tarde de Oro Performance at Kimo Theater

Join us for a musical production depicting our state's colorfully unique history (Native American, Spanish, Mexican, Territorial and Contemporary Eras) through music and dance.
Free Transportation

Barelas, Highland, Los Volcanes

Thursday, May 11
Check In: 12:15 pm • Return: 4:00 pm
Check In: 12:15 pm • Return: 4:00 pm

Animal Humane New Mexico Tour

A guided tour of Animal Humane New Mexico. Their adoption team will bring some of their wonderful dogs & cats so we'll have an opportunity to spend some lovable dog and cat time. The staff will invite small teams from our group of 3-4 guests into their Robbie Jones Memorial Cat House; which hosts 4 spacious indoor/outdoor rooms where adoptable feline residents stay who are happy living with other cats. We will have lunch at a local restaurant in town.



Highland

Friday, May 12
Check In: 9:00 am • Return: 2:30 pm
\$2 Transportation

De Vargas Street-Santa Fe

This will be an interesting and informative tour of the Barrio de Analco District on the Lower Santa Fe Trail. The highlight will be the 800 year old adobe house, reported to be the oldest house in the USA. There are numerous places of interest within walking distance that

we will tour also, ending our tour with lunch at one of Santa Fe's great restaurants.

Highland

Wednesday, May 17
Check In: 9:00 am • Return: 5:00 pm
\$10 Transportation

National Museum of Nuclear Science & History

Come take a look at New Mexico's role in the history of war.

North Domingo Baca

Thursday, May 18
Check In: 10:00 am • Return: 2:00 pm
\$2 Transportation



Gutierrez-Hubbell House Tour

A 150 year old adobe hacienda situated on 10 acres Located along El Camino Real. Over time this property has served as a trading post, a stagecoach stop and the local Post Office. Come tour this magnificent home and the open space trails that surround it. Followed up with lunch at Abuelitas!

Bear Canyon

Thursday, May 18
Check In: 8:45 am • Return: 3:00 pm
\$2.50 Transportation

Hay's Honey and Apple Farm

An excellent source for local, raw honey and just about everything you could want to know about bees. Ken Hays, the owner, was the president of New Mexico Beekeeping Association for years and is one of only five remaining commercial beekeepers in the state.



Bring bread, crackers, sopapilla to try some delicious honey.

Manzano Mesa

Thursday, May 18

Check In: 8:30 am • Return: 3:00 pm
\$4 Transportation, bring a sack lunch

Palo Duro

Wednesday, June 28

Check In: 8:00 am • Return: 2:30 pm
\$4 Transportation,
Lunch at a nearby restaurant.

Taos Lilac Festival

The Taos Lilac Festival is a community event held each year at Kit Carson Park to celebrate the arrival of blooming lilacs throughout the Taos area. This year's event will include an arts and crafts fair, food vendors, and live music. The Lilac Festival Information Booth operated by Los Jardineros Garden Club, has lilac care and planting advice, a variety of lilac hats, soaps, lotions and bath salts for sale.

Barelas

Saturday, May 20

Check In: 7:00 am • Return: 6:00 pm
\$15 Transportation

Sky City Cultural Center & Haak'u Museum

A guided tour will give us more insight into the unique history of the Acoma Pueblo with its amazing rock formations and cultural architecture. We will also have access to the Haak'u Museum which showcases the history, art and way of life Acoma people for over thousands of years.

Palo Duro

Tuesday, May 23

Check In: 8:15 am • Return: 4:30 pm
\$9.50 Transportation, \$22 Admission



**Trips are
first-come,
first-serve.
Most require
advance
registration.**



Que Sera Alpacas-Santa Fe

You will be welcomed to a working alpaca ranch where you can have fun on a trip that's a bit out of the ordinary. Meet the baby alpacas, called cria, and their moms. See the fiber processing area and the "kissing alpacas" who will steal your heart and make you want to take them home!

Highland

Thursday, May 25th

Check In: 9:00 am • Return: 3:30 pm
\$10 Transportation

New Mexico Travertine Company

Let's take a trip to Belen, New Mexico and see how decorative building stone, mined at a nearby quarry, is cut and polished. A tour of their facilities will be interesting and informative. We will have lunch at a local restaurant in town.

Highland

Wednesday, May 31

Check In: 9:15 am • Return: 3:00 pm
\$5 Transportation



Mystery Destination with Stacie

We will start by going out to lunch at the Frontier Restaurant across the street from the University of New Mexico. Then we'll be visiting a mystery destination that's sure to bring lots of fun.

Highland

Thursday, June 1

Check In: 10:45 am • Return: 4:30 pm
\$2 Transportation

Red Horse Vineyard Bed & Breakfast

This bed & breakfast located in the historical part of the south valley where the Confederate Army was camped during Battle of Albuquerque. We will



enjoy a tour of Red Horse Vineyard homestead of 1870, vineyard and wine tasting. Afterwards they will serve a delicious seasonal lunch menu at the bed and breakfast.

Palo Duro

Tuesday, June 6

Check In: 9:00 am • Return: 3:00 pm

Bear Canyon

Wednesday, June 14

Check In: 9:00 am • Return: 3:00 pm
\$2 Transportation, \$15 Tour and Lunch

Exhibition: Pueblo Revolt by Virgil Ortiz-2016 Artist-in-Residence

Once a year, the atrium of the Albuquerque Museum transforms into a working laboratory for artists to create installations and interact with the public. Famed artist Virgil Ortiz will bring a futuristic world with deep roots in New Mexico's past.

Manzano Mesa

Wednesday, June 7

Check In: 9:00 am • Return: 3:00 pm
\$3 Transportation

Albuquerque Publishing Company

Join us for a tour of New Mexico's largest newspaper. The Albuquerque Journal traces its history to 1880, the first Albuquerque Daily Journal was published on Oct. 14, 1880. Today the Albuquerque Journal is published Monday through Saturday, the newspaper also publishes news and advertising sections emphasizing different regions.

Bear Canyon

Thursday, June 8

Check In: 8:00 am • Return: 2:00 pm
\$2.50 Transportation

JUNE, con't.

Pie Town, New Mexico



In this south-western New Mexico town, there is not one traffic light, gas station, grocery store or motel! One thing is certain, there is PIE! Pies of every kind, some with the unique addition of green chile or pine nuts! Come join us for a fun filled day, includes going to lunch, after your pie, of course!

Highland

Friday, June 9

Check In: 8:15 am • Return: 6:00 pm
\$18 Transportation



ABQ Bio Park

The ABQ BioPark is a unique environmental museum comprising four facilities. Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo and Tingley Beach (fishing lakes). We'll be hopping aboard two trains The Rio Line & The Thunderbird Express on a loop through the Rio Grande bosque to

connect the Aquarium & Botanic Garden with the Zoo for a unique view of the BioPark. Entry Fee for Bio-Park & train Combo is \$8 (for seniors age 60+) and is at your own expense. We will have lunch at a local restaurant in town.

Highland

Tuesday, June 13

Check In: 9:00 am • Return: 4:30 pm
\$2 Transportation

Mystery Trip

Everything about this trip is a mystery. Sign up, you won't be disappointed!



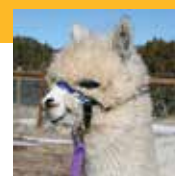
North Domingo Baca

Tuesday, June 13

Check In: 9:00 am • Return: 3:00 pm
\$3 Transportation

Hollywick Alpaca Farm – Sandia Park

Visit a working alpaca farm. Meet our herd and discover the soft, luxurious fiber of these magical animals. Get up close and personal. See how our alpaca fiber is used to produce roving, yarn, woven scarves, wraps, felted hats and fashion accessories. Our handmade alpaca goods are available onsite in our Farm Store.



Barelas

Thursday, June 15

Check In: 9:30 am • Return: 4:30 pm
\$5 Transportation, no admission fee, but donations gladly accepted.

Palace of the Governors

Originally constructed in the early 17th century as Spain's seat of government for what is today the American Southwest, the Palace of the Governors chronicles the history of Santa Fe, as well as New Mexico and the region. This adobe structure, now the state's history museum, was designated a Registered National Historic Landmark in 1960 and an American Treasure in 1999.

Manzano Mesa

Wednesday, June 21

Check In: 9:30 am • Return: 3:30 pm
\$8 Transportation

Wild Spirit Wolf Sanctuary



Wild Spirit Wolf Sanctuary is an animal sanctuary in Candy Kitchen, New Mexico (near Ramah), dedicated to rescuing and providing sanctuary for captive-bred wolves and wolfdogs. Join us for a guided 1-hour tour and browse through our gift shop! You can either take a sack lunch or buy something at the Sanctuary.

Barelas

Wednesday, June 21

Check In: 8:00 am • Return: 5:00 pm
\$15 Transportation
\$5 Tour

THEATER

Blithe Spirit

The smash comedy hit of the London and Broadway stages, this much-revived classic from the playwright of Private Lives offers up fussy, cantakerous novelist Charles Condomine, re-married but haunted (literally) by the ghost of his late first wife, the clever and insistent Elvira who is called up by a visiting "happy medium", one Madame Arcati.

Bear Canyon

Sunday, January 22

Check In: 12:45 pm • Return: 5:00 pm
\$16

Then There Were None-ALT

Join Albuquerque Little Theatre as we venture into the world of Agatha Christie. Ten guilty strangers are trapped on an island. One by one they are accused of murder; one by one they start to die. A mysterious voice accuses each



of having gotten away with murder and then one drops dead – poisoned. One down and nine to go!

Bear Canyon

Sunday, February 5

Check In: 12:45 pm • Return: 5:00 pm
\$22

SANCTUARY

Sanctuary

Sanctuary is a two-act play set in the Gold Coast retreat belonging to retired Australian foreign correspondent Robert

'Bob' King (late 40s). His integrity comes under scrutiny in the play by its only other character, John Alderston (25), a student about to publish King's biography. John harbours a deep hatred for King because of his dishonesty throughout his career and failure to report on four major genocides.

Bear Canyon

Sunday, February 26

Check In: 12:45 pm • Return: 5:00 pm
\$16

The Shadow Box

Shadow Box

In this compelling dramatic triptych, three terminal cancer patients dwell in separate cottages on a hospital's grounds. Agnes and her mother Felicity, estranged further by the latter's dementia; Brian and Beverly, whose marital complications are exacerbated by Brian's new lover, Mark; and Joe and Maggie, unready for the strain of Joe's impending death and its effect on their teenage son.

Bear Canyon

Sunday, March 19

Check In: 12:45 pm • Return: 5:00 pm
\$16

South Pacific - ALT

This epic musical romance centers on a group of American sailors and Navy nurses



stationed in the South Pacific during World War II. Arkansas native Nellie Forbush befriends and quickly falls for Emile de Becque, a French expatriate and plantation owner, and Lt. Joe Cable finds himself in a passionate affair with Liat, the young daughter of Bloody Mary, the local grass-skirt peddler. As the war against Japan escalates, reality sets in for both Forbush and Cable, who struggle to reconcile their unconventional love affairs with their long-held prejudices and insecurities.

Bear Canyon

Sunday, March 26

Check In: 12:45 pm • Return: 5:00 pm
\$22

Mikado

A year before the action of this opera begins, Nanki-Poo, son of the Mikado of Japan, fled his father's imperial court to escape marriage with Katisha, an elderly lady. Disguised as a traveling musician, he met and fell in love with Yum-Yum, the young ward of Ko-Ko, a cheap tailor in the town of Titipu. Yum-Yum, however, was already betrothed to her guardian, and Nanki-Poo left Titipu in despair.



Bear Canyon

Sunday, May 14

Check In: 12:45 pm • Return: 5:00 pm
\$16



ballroom to the jail as Ned Canty directs. Rory Macdonald conducts!

Bear Canyon

Monday, August 14

Check In: 4:30 pm • Return: 12:00 am
\$65.00 Transportation and Ticket.
(Non-Refundable Trip due to purchase of tickets in advance.)

Lucia di Lammermoor

Based on a novel by Sir Walter Scott, Lucia di Lammermoor is the story of a

Mary Poppins - ALT

The jack-of-all trades, Bert, introduce us to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family how to value each other again. Mary Poppins takes the children on many magical and memorable adventures. Even grown-ups can learn a lesson or two from the nanny who advises, "Anything can happen if you let it." Come experience this timeless, fun-filled classic that is perfect for every member of the family.



Bear Canyon

Sunday, June 4

Check In: 12:45 pm • Return: 5:00 pm
\$22

Come Blow Your Horn

Alan Baker, a 30-ish swinging bachelor with time, money and women to spare, welcomes rebellious and eager 21-year brother Buddy into his den of iniquity while their horrified parents can only watch and pray. This farcical 60's romp became a hit movie starring Frank Sinatra.



Bear Canyon

Sunday, June 25

Check In: 12:45 pm • Return: 5:00 pm
\$16

desperate woman who is caught between her duty to her family and her love for the man who is her family's enemy.

Palo Duro

Wednesday,

August 16

Check In: 4:30 pm • Return 12:00 am
\$69.50 Transportation & Ticket. (Non-Refundable Trip due to purchase of tickets in advance.)



NO REFUNDS UNLESS A REPLACEMENT CAN BE FOUND!

SANTA FE OPERA 2017

Die Fiedermaus

Die Fledermaus

OH, WHAT A NIGHT. After 25 years, Die Fledermaus returns to Santa Fe. The pranks are out of control at the party of the year. Gabriel von Eisenstein doesn't recognize his wife and tries to seduce her. The merriment moves from the



Warm a Senior's Heart COAT DRIVE



The City of Albuquerque Department of Senior Affairs would like to thank our supporters of the Annual Warm a Senior's Heart Coat Drive. Over 150 coats and 100 scarves, hats and gloves were provided to Seniors.

Supporters:

Ambercare Home Health Care

The Cleaners on Lomas, 6805 Lomas Blvd NE

Westside Cleaners Inc., 9401 Golf Course Road

Stein Mart



THE CLEANERS
ON LOMAS

**Westside
Cleaners**

Manage Your Chronic Disease (MyCD) Program 2017 MyCD Workshop Schedule

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. To enroll, please call 880 – 2800. Free 6-week workshop. 2 1/2 hour meetings.

First Choice – South Broadway Clinic

Wednesdays from 2:00 p.m. - 4:30 p.m. on:

January 11 through February 15, 2017

This will be a Tomando Control de su Salud (Spanish CDSMP) workshop.

New Heart Center for Wellness, Fitness, and Cardiac Rehabilitation

Tuesdays from 1:30 p.m. - 4:00 p.m. on:

March 7 through April 11, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

May 2 through June 6, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

July 11 through August 15, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

Thursdays from 5:00 p.m. - 7:30 p.m. on:

January 12 through February 16, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

March 16 through April 20, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

May 11 through June 15, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

July 6 through August 10, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

Presbyterian High Resort Clinic

Wednesdays from 9:00 a.m. to 11:30 a.m.:

February 1 through March 8, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

Presently the dates we have reserved for MyCD workshops in 2017 are as follows:



April 5 through May 17, 2017 (skipping April 26)

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;
June 7 through July 12, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

Save the Date!!

CITY OF ALBUQUERQUE PRESENTS
FRANCES LUJAN'S TARDE DE ORO



KIMO THEATRE
423 CENTRAL AVE., SW

THURSDAY,
MAY 11, 2017
1:00



Albuquerque Folk Festival

Saturday, June 3, 2017, 10am – 10pm

Anderson-Abruzzo Balloon Museum indoors and outdoors

Admission includes over 100 events.

Enjoy performances, food trucks and craft vendors and participate in kid-friendly activities, dances, storytelling, sing-alongs, jam sessions, and over 50 workshops in dance, vocals, instruments and more. Bring your instrument to jam along. Take advantage of the free Instrument Check room, free parking and free camping Friday afternoon-Sunday, air-conditioned spaces, wheelchair accessible grounds, and enjoy the balloon museum exhibits as well. Chairs provided.

Festival Contact Person: Erika Gerety

Address: P.O. Box 4837, Albuquerque, NM 87196

Telephone: (505) 710-964

Website: abqfolkfest.org

Facebook: facebook.com/abqfolkfest/

E-mail Address: sponsors@abqfolkfest.org

Call your local Senior Center or Multigenerational Center for more information.



ABQ **todo.com**

There's more to do in abq.

arts • culture • sports • recreation • dining

abqtodo.com

go

STOP Senior Hunger

Over 3 million seniors over the age of 65 are faced with the decision to pay for food or pay for medicine.



Donate Senior-friendly food at:

- Senior Centers
- Multigenerational Centers
- Sports & Fitness Centers



CITY OF ALBUQUERQUE
DEPARTMENT OF



BERNALILLO COUNTY
SENIOR AFFAIRS



VOLUNTEER

Senior Corps Volunteers contribute over 234,000 hours to our community annually; this translates to a contribution valued at approximately \$4.7 million dollars! * Value of Volunteer Time according to the Independent Sector in NM in 2015 is \$19.91 per hour. For information call 767-5225



Department of Senior Affairs Transportation Nutrition Division:

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four- hour shifts; Monday – Friday.

Meals on Wheels of Albuquerque:

Kitchen volunteers are needed any day Monday through Friday from 9 am-11am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

Catholic Charities:

Volunteer Drivers are needed to provide door to door transportation services to seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

Adelante Development Center Benefits Counseling Center:

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided. Skills: Call for details.

Alzheimer's Association:

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

Ronald McDonald House:

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

Ombudsman Program:

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

The Foster Grandparent Program Advisory Council:

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

*Are you 55 years of age or older?
Would you like an opportunity
to help your community?*

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!



Senior Companions Make Independence A Reality

Senior Companions are healthy older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living.

Senior Companions serve an average of 20 hours per week, may qualify for a tax free stipend, and receive assistance for meals & transportation costs.

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

YOU HAVE A NEIGHBOR WHO NEEDS A HELPING HAND

For information call 764-1612

Foster Grandparents

Share Today. Shape Tomorrow

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs.

Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, & emotional development.

For information call 764-6412

RSVP

Lead With Experience

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills.

For information call 767-5225



Albuquerque Senior Corps

Corporation for
NATIONAL &
COMMUNITY
SERVICE



Senior Corps is a division of the Corporation for National & Community Service, is jointly administered by New Mexico Aging & Long-Term Services Department, and is sponsored locally by the City of Albuquerque Department of Senior Affairs.